

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: An inside take on dementia behaviors; Diabetic exchange diet

THE CAREGIVERS' NEWSLETTER

Connecting Caregivers to Answers and Support

News And Articles

[7 Tips to Avoid This Caregiver's Biggest Nursing Home Mistakes](#)

Caregiving can be extremely difficult, particularly for those who are thrust into the role with little time to prepare. See what steps to take before an unexpected emergency strikes. [Read More »](#)

[A Caregiver's Intro to Parkinson's Psychosis](#)

Parkinson's is often reduced to the stereotypical symptoms of shaking and tremors, but psychosis is also a serious problem associated with PD. See what causes these episodes in PD patients and how they can be managed. [Read More »](#)

[Diabetic Exchange Diet](#)

Help control both your weight and the amounts of sugar and cholesterol in your blood. Take the time to ensure you and your loved one know the serving sizes for each food group in the diet. [Read More »](#)

[An Inside Take on Dementia Behaviors](#)

Handling a loved one's dementia behaviors can be challenging, even for the most seasoned caregiver. Get a different take on this from a patient who is personally exhibiting some of these behaviors. [Read More »](#)

[Don't wait to consider Hospice Care!](#)

This free Hospice Discussion Guide can help you get the conversation started about your loved one's wishes.

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Questions and Discussions From Caregivers

[Q: How do you get someone to use her depends or even a pad?](#)

My mother refuses to use these and it's becoming a big issue from ruining furniture to car seats and clothes.

[Q: My spouse accepts the junk mail we receive as truthful. What do we do?](#)

Her false hope is that we are going to win a million dollars.

[Q: Mom won't straighten her legs, what is going on?](#)

I know she has some contractures, but it isn't that she physically can't but she won't.

[Q: How to keep from losing everything while taking care of dad?](#)

He can't be alone any longer, but he refuses to leave his home. I live in another state and am on FMLA to

care for him.

You Don't Have to be a Nurse to be a Great Caregiver

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[View the latest caregiver products and education from Sage.](#)

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A Life Insurance Policy can be converted into a Long Term Care Benefit Account to pay for the cost of Senior Care directly each month. [See if you qualify >](#)

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A senior living advisor can answer your questions and help you determine the right senior living options for your loved one based on your unique situation.

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Get connected and speak with home care agencies. They will work with you in creating a care plan and finding the right caregiver for your loved one. [Begin your search >](#)

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AgingCare.com | 9015 Strada Stell Court, Suite 203 | Naples, FL 34109