



The **MASE** Monthly Newsletter

October 2015

Winners of Queen's Award for Voluntary Service



Time to Turn the Clocks back!

Once again we are getting close to turning the clocks back. This year it falls on **Sunday 25 October** so please remember to put your clocks back by one hour. For many this is the delight of having an extra hour in bed. For others it brings a slight fear that the nights will be closing in, and it can be a daunting time for Carers. This is a good time of year to try and build up friendships with each other, exchange telephone numbers, and perhaps take the time to phone each other during the long dark evenings. It is amazing how a chat with someone can cheer you and help an evening to pass quite quickly.



When a loved one needs extra help

It may be that your mother has fallen four times in as many days, or you notice that your father is allowing unpaid bills to pile up on his desk. Perhaps your spouse has been telling the same story over breakfast for the past week-and-a-half - whatever the indicator, you can always tell when there's something not quite right with a loved one.

Whether you are providing hands-on care, or overseeing from afar, you will need to help as you prepare for and navigate your role as a Carer of an elderly loved one. You will also discover how to approach Caring for what it is: a journey, during which you and your family will experience the full spectrum of emotions: love, pain, joy, sorrow and, most importantly, hope.

Some tell tale signs that someone may need additional help

Physical Fluctuating weight Balance problems Poor hygiene Sleeping too much or too little Unexplained burns or bruises	Emotional Mood swings Abusive behaviour; outbursts Lack of motivation Uncharacteristically anti-social behaviour
Home environment Unkempt yard Unusual carpet stains Excessive clutter (newspapers, piles of junk mail) Unusual odours (urine, garbage) Not enough food in the house Failure to turn off stove or water after use	Cognitive Confusion Memory loss Repetition Hallucinations Other Dents/scratches on the car Unfilled or untaken prescriptions Unpaid bills

Reminders

Friday 16 October - Lea Hall Social Club in Rugeley - **Paul Birch** will be hosting an evening of great entertainment to raise funds for the MASE. There will be 5 artists appearing and, as always, we can guarantee it will be a wonderful night. Tickets are £4.00 and available from Daphne or Elaine.

Friday 4 December - Our traditional Elvis night when **Mark Clay** will be singing for us at The Stafford Rangers Club to raise funds for the MASE. More details on this event will be given later in the year.



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How to avoid Slips, Trips and Falls

Trips and falls account for a large amount of injuries in the home. These simple guidelines can help you to reduce potential risks to you and your family.

Common causes of trips and falls

Accidents in the home are often caused by:

- poorly organised and cluttered walkways
- inadequate or unsuitable lighting
- moving or handling a load incorrectly
- rushing around
- tiredness
- physical ability, lack of mobility or lack of balance
- poor eyesight, inappropriate glasses
- medication that can lead to dizziness – older people on four or more different types of medication have an increased risk of falling



Look out for trip hazards

Trip and slip hazards can be a problem in all homes, especially in houses with exposed wooden floors.

Slippery floors

You should look out for:

- spills and splashes of liquids and solids
- wet floors
- changing from a wet to a dry surface
- dusty floors

Sensible Footwear



Cluttered floors

Removing clutter or obstructions on floors, like loose mats or trailing cables, can help reduce the risk of a fall.

Uneven floors - be aware of:

- changes in surface level or sloping surfaces
- holes and cracks
- unsuitable floor surfaces or coverings – for example loose or worn flooring
- bad weather, which can make surfaces slippery, and unsuitable footwear can also increase the risk of a fall.

Five steps to avoiding hazards

There are five recommended risk assessment steps for keeping slips and trips to a minimum:

- look around for anything that may cause an accident – see 'Look out for trip hazards' on this page
- decide who is most at risk
- take preventative measures
- keep a record of what you have changed
- continually check your living space – keep a note of all potential hazards



If you have a computer please take a look at our website which covers all MASE activities: www.themasegroup.com

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