



# MASE Monthly Newsletter - June 2018



Proud recipients of The Queen's Award for Voluntary Service & the British Citizen Award for work in the Community

## Making holidays enjoyable when a loved one has Alzheimer's or dementia



Well what a wonderful few weeks of sunshine we have had! Everyone seems to be so much happier when the days are bright and warm. Many of you may now be thinking of going away perhaps for a few days, or longer, here are some helpful tips for you.

**Involve your loved one:** Always try to engage your loved one in the build-up to the holiday. If undertaking activities, try to ensure they are able to participate.

**Keep everyday routines:** Many people with Alzheimer's find a daily routine comforting. Be respectful and stick to their schedule if possible. Adjust times for family gatherings and meals so they can keep their routine.

**Adapt:** Be prepared but flexible. Allow extra time to prepare for outings. Bring your loved one's favorite music, snacks or activity to gatherings away from home, so they can enjoy something familiar.

**Help them reminisce:** Many people with Alzheimer's or dementia have sharper long-term memories. Look at family photo albums together. Talk to them about past holidays and when possible keep a note of their recollections.

**Make the most of time together:** Use this family time to discuss with them your role as Carer and your loved one's wishes for the future. If tension or conflict exists, this time together can often promote forgiveness or healing. If going away with others, this is a time for Carers to get some respite time whilst the family is around to take some precious time for themselves.

**Be Prepared:** Many people with Alzheimer's feel uneasy and disturbed if their routine changes too much. So going to a strange place, can cause incredible confusion. Always reassure your loved one that they are safe and that you are there with them. Be kind and gentle if they constantly say they want to go home. Any change in surroundings can be daunting, but speak softly and yet firmly will confirm to the person that they are safe.

**Wandering:** When on holiday, if your loved-on does wander, remember to secure the bedroom door with perhaps a chair, or an ottoman. Think of some good distraction techniques you may need to carry out to try to take their mind away from getting out.

## Support for family carers

- Any Groups for Carers - are a great way of meeting other carers and sharing experiences.
- Social Care - can do a range of things, putting in services, arranging for carers to come into the person with dementia's home to assist with day to day tasks, advising on benefits and helping make claims.
- Age UK - will be able to help with things such as benefits/attendance allowance claims, managing budget and money issues, plus much more.
- Factsheets and Books - a huge amount has been written about dementia and it is natural that you will want to read up about the diagnosis. Please always keep an eye on the MASE information table which we try to keep furnished with the up-to-date excellent booklets and information from organisations such as Dementia Research and the Alzheimer's Society.
- Also on the information table are details of Care Agencies and Day Care organisations.

A word of caution however, do not read everything and start to worry about how you are going to cope with things that the books say might happen, you need to deal with things as they happen, spend time focusing on what you are dealing with now, read about that and ways to cope with that and worry about tomorrow, when your tomorrow comes.



### Always keep your Friendships

*Families are precious to us in times of crisis, but **GOOD** friends are vital!*

*A real Friend walks in on you when others walk out*

*Friends are a vital ingredient in the recipe of life*

*A Friend is someone who knows the song in your heart, and will sing it back to you when you have forgotten the words*

*A friend is one who believes in you when you have ceased to believe in yourself.*



Alzheimer's Society Dementia Helpline 0300 222 1122 9am to 5pm Monday to Friday and Saturday and Sunday 10am - 4pm.

Daphne Sharp ☎ 01785 211140 or 07939 505455  
Elaine Dunlop ☎ 01785 823110 or 07812 440226

MASE Co-ordinators  
MASE

✉ Daphne.scharp@ntlworld.com  
✉ Elaine.dunlop12@btinternet.com

## Handy tips for both Carers and someone with dementia

### Follow a daily routine

This can stimulate your cared-for's memory and help them feel calm and balanced.

If there are regular things your cared-for needs to remember, like locking doors or taking medication, write them on a notice board and pin them up somewhere prominent.

### Go easy on yourself

It's OK to take your time over essential tasks that you might have done more easily in the past.

It's also fine to ask someone to repeat themselves if you haven't understood or have forgotten something they said.

### Carry a notebook

This can include lists of people's names, telephone numbers and daily tasks written inside – you can refer to it if you have trouble remembering things. Never keep addresses on you, that can be dangerous - a telephone number will be enough for someone to make contact with for you, should the need arise.

### Stay in touch with friends and family

Maintaining a social life can help prevent you from becoming isolated.

### Keep important items like keys, spectacles or your notebook, in the same place.

So you get in the habit of knowing where to look for them.

### Write down telephone numbers of important people

Including your friends, family, GP, and care staff (such as your CPN) - on a pad near the phone.

### Focus on what you can do rather than what you can't

Keeping positive will help you enjoy life.

### Ask your bank to set up direct debits to pay all your important bills

So that you don't need to worry about them.

### Remember that dementia is an illness

It is not your fault if you have difficulty remembering things or doing things which used to seem easy.

Don't worry what other people think – it is their problem if they cannot deal with your illness.

### Carry a card which tells people that you have dementia

This can be useful if you get into a difficult situation and need someone to help you. Include the telephone number of someone you trust who can be called if necessary. Please pick up these from the information tables at the Groups.

## Power of Attorney Refunds Due

**PLEASE NOTE:** Many people will be entitled to a partial refund from fees paid to the Office of the Public Guardian (OPG) if they have registered a power of attorney in the last few years between April 2013 and 31 March 2017. For more details, or to make a claim, visit [www.gov.uk/power-of-attorney-refund](http://www.gov.uk/power-of-attorney-refund) or call OPG on 0300 456 03000 and select Option 6.

## Final Reminder: Afternoon Gala - Sunday July 22nd at The Aquarius Ballroom

Don't forget to put this date in your diary as we will be once again holding a MASE Gala afternoon from 2:00 pm - until 5.00. We hope to bring together all five groups for an afternoon of enjoyment.

Our entertainers will be: **Jamie - Jessie - and Paul Birch**

There will be a buffet and refreshments; our photographer Sam also will be there to capture the afternoon for you all.

'Jane' will also be coming along to give us all a few lessons in Line Dancing!! What a way to spend a Sunday afternoon?

To help us with the catering requirements for the afternoon there are clip-boards at each MASE Group, so please ensure your name and the number of people attending is on the respective sheet of the group you normally attend.

If you have a computer please take a look at our website which covers all MASE activities: [www.themasegroup.com](http://www.themasegroup.com)

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