



# MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

## October 2020



Well another topsy turvy month and yet again more rules from our Government that we must abide by. Because of the new rules, we are very disappointed to have to **postpone** the opening of our Groups in October.

In view of recent Government announcements Trustees of the MASE felt it would be pushing the boundaries, and very remiss of us, to even consider running any groups during October. Let's keep our fingers crossed that we may be able to open in November, only time will tell, and if the figures do miraculously go down then we will again contact people to re-invite them to the Groups on **2nd and 6th**

**November. HOWEVER realistically, we think it will be Spring next year before we can start the groups again.**

The Meals on Wheels will now be continuing until the end of December. This is dependant on when we are able to open our Cannock Groups. We will review the situation then as to whether or not we continue the food delivery service.

These are difficult times for us all but if we do stick to the rules and regulations let's hope and pray that we can beat this dreadful virus and get our lives back on track again. Our patience and resolve has been tested for many months now and we know that many of you have been isolated and felt alone. The MASE Trustees are always here for you if you need a chat! All our numbers are at the end of this page.



**PS: Don't forget to turn your clocks back on Sunday 25 October**

## Ring fencing your Savings and Property for your children

Legal Advice



Have you and your spouse made Wills leaving everything to each other and then to your children on the death of you both?

Is there one of you now on the dementia journey?

Did you realise that you can still change your Will and the way you own your property to ring fence your assets for your children even if your spouse isn't able to due to failing capacity?

You do not have to leave your estate to your spouse and risk all your savings being used to pay for their care fees.

If you would like more information or to discuss matters further, please call :  
Julie Perry of Jackson Perry Legal Services on Tel: 01785 255010.

**Don't leave your affairs to chance when you can make choices**

## Campaign against Sloppy Slippers!!

Did you know that Slippers are one of the main cases of falls for older people? So with that in mind please give considerable thought when buying new slippers. Always ensure:

1. You buy the correct size for the persons feet. Too loose and they will easily slip off, and potentially cause the person to lose their balance and fall.
2. If they are too tight, they will make walking painful, and can restrict circulation, which could in turn damage the persons feet and toes.
3. Buy slippers that have a good supportive heel.
4. Make sure they have a rubber slip resistant material sole and not one that is smooth to the touch.
5. Slippers with Velcro allow the person to adjust the fit and whilst ensuring comfortable support.



**TRUSTEES:** Daphne or Richard: ☎07939 505455 Mike Creek: ☎01785 663596 Dave Degg: ☎07974 983459 Dave Godden: ☎ 07968 848120

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

## Things to think about when dealing with someone with Dementia

### Giving Too Many Instructions at Once

For some people, their dementia can make it difficult to make sense of a lot of information at once. This might affect their ability to follow directions or recipes, or mean that they get part of the way through a task without being able to complete it. One of the ways that we can avoid this is through changing the way that we ask people with dementia to do things by breaking it down.

For example, if you were to say: "Mum! Could you put your jacket on? I need to find my keys, and we need to run into town in the car and get a wedding present for Jamie before the traffic gets bad and the shops shut."

That might be too much information for someone with dementia to process at once, as it includes

- What you want them to do (put their jacket on)
- What you need to do (find your keys, drive the car)
- What's going to happen now (go into town, buy a present)
- What's happening in the future (Jamie's wedding)
- What you don't want to happen (getting stuck in traffic, the shops closing etc)

Instead, think about what has been discussed so far, and how you might break this down. Then you might; make sure mum is listening, ask her to put on her coat. Once she has done that, explain that you are going in the car, and then once she has processed that, explain that you're going into town *because* you need to pick up a present for Jamie's wedding. Not only does breaking the instruction down in this way provide more processing time, but each step acts as a 'clue' to the next. Putting on a jacket supports the idea of going out, getting in the car supports the idea of going somewhere and so on.

### Getting into Arguments.

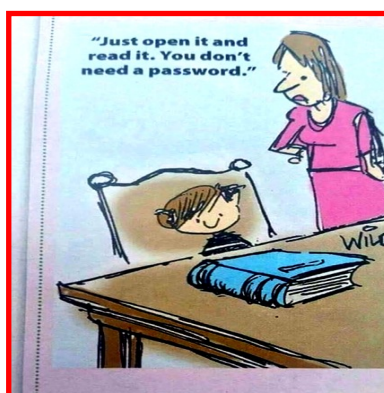
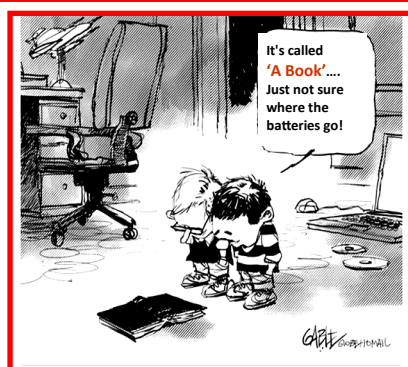
For many people with dementia, the progression of their disease will make it more difficult to see things from the point of view of others. This is important to remember if you find yourself in a heated discussion or an argument with someone with dementia.

It is important to remember that arguing is stressful, for the person with dementia and for you. Often the person may not be trying to be difficult- instead, how they think has been affected by the changes in their brain, brought about by dementia.

This is not their fault - and it is not yours.

Instead of arguing, consider if it is really important that the person with dementia 'sees things your way'. If it is a matter of safety, or involves keeping them healthy, the answer may be yes and you might need to find support. If the answer is no, ask yourself; is it worth having the argument, if their dementia means they might never see it from my perspective? The answer may be no.

## To make you smile - Just what are these things called BOOKS?



"No Joystick? No mouse? No keyboard?  
How do you turn the pages?"

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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