



The **MASE** Monthly Newsletter

July 2017



Winners of Queen's Award for Voluntary Service

Keep Cool and Keep Drinking

Just where has this year gone to? It is amazing how quickly the months have passed and how changeable the weather has been recently. If the sun does come out again, there is a leaflet on keeping cool and staying safe - please take one when you collect your Newsletters. Just a reminder to you all to keep taking fluids in the warm weather and to make sure your loved one is getting plenty of liquid too; the last thing you need to be worrying about are UTI's [urinary tract infections] which can happen when people are not drinking



Should you correct someone with Alzheimer's

How you would feel if someone constantly corrected you? Would you feel ashamed or embarrassed?

Carers often have a problem accepting that a person living with Alzheimer's does not remember things. We know they can't remember, yet in spite of this, we often become frustrated and sometimes angry when they repeat themselves.

Why would we be angry if we know this is going to happen?

It is bound to happen over and over again; but sadly it comes within the Carer's territory.

The bigger issue for many Carers is the need to correct someone living with dementia.

If you constantly correct, or berate someone with dementia what do you think is going to happen?

It is likely that they will become very negative. They might become hard to deal with or worse. One thing is certain, you will add to their confusion.

Ask yourself this - Would you like someone who constantly corrected you? Or, would you dislike them? Which do you think is more likely? I think you already know the answer?

Patience is most definitely a virtue for Carers and your limits will be tested so much. We have to remember the person with the illness is unaware they are asking the same question over and over again. Try if you can to switch off from the questions - just keep answering them; which we know is so easy to say!

Thought for the day: You never know how strong you are, until being strong is the only choice you have!

Graham completes Ironman in Switzerland Sunday 11 June 2017

Our boy did well!! We are very pleased and proud to say Graham completed his 4th Ironman in June. There were many other challenges along the way for Graham on this event, as his bike (which he shipped over from England) was delivered to the wrong hotel and they sent it back to Customs, who in turn returned it to England.

So on arrival for his check-in Graham did not have a bicycle. Thankfully he was able to hire one, but as you can imagine it was very different to his own, in particular the height of the frame.



This event challenged him far more than the others - and hand on heart it didn't do his family much good either! However, we are now collecting in the money sponsored; so far the total amount raised is **£3,300** which will increase with Gift Aid. Once all the money has been collected we will let you have the final figure.

A sincere Thank You to everyone for your kindness in supporting Graham.

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

Tips for Sundowning

Late afternoon and early evening can be difficult for some people with Alzheimer's disease. They may experience **sundowning** - restlessness, agitation, irritability, or confusion that can begin or worsen as daylight begins to fade—often just when tired caregivers need a break. Sundowning can continue into the night, making it hard for people with Alzheimer's to fall asleep and stay in bed. As a result, they and their caregivers may have trouble getting enough sleep and functioning well during the day.

Possible Causes

The causes of sundowning are not well understood. One possibility is that Alzheimer's related brain changes can affect a person's "biological clock," leading to confused sleep-wake cycles. This may result in agitation and other sundowning behaviours. Other possible causes of sundowning include:

- being overly tired
- unmet needs such as hunger or thirst
- depression
- pain
- boredom

Coping with Sundowning

Look for signs of sundowning in the late afternoon and early evening. These signs may include increased confusion or anxiety and behaviours such as pacing, wandering, or yelling. If you can, try to find the cause of the person's behaviour. If the person with Alzheimer's becomes agitated, listen calmly to his or her concerns and frustrations. Try to reassure the person that everything is OK and distract him or her from stressful or upsetting events.

You can also try these tips:

- Reduce noise, clutter, or the number of people in the room.
- Try to distract the person with a favourite snack, object, or activity. For example, offer a drink, suggest a simple task like folding towels, or turn on a familiar TV show (but not the news or other shows that might be upsetting).

Sundowning Carers Tips

- Make early evening a quiet time of day. You might play soothing music, read, or go for a walk. You could also have a family member or friend call during this time.
- Close the curtains or blinds at dusk to minimize shadows and the confusion they may cause. Turn on lights to help minimize shadows.

Preventing Sundowning

Being too tired can increase late afternoon and early-evening restlessness. Try to avoid this situation by helping the person:

- Go outside or at least sit by the window; exposure to bright light can help reset the person's body clock
- Get physical activity or exercise each day
- Get daytime rest if needed, but keep naps short and not too late in the day
- Get enough rest at night

Avoid things that seem to make sundowning worse:

- Do not serve coffee, cola, or other drinks with caffeine late in the day.
- Do not serve alcoholic drinks. They may add to confusion and anxiety.
- Do not plan too many activities during the day. A full schedule can be tiring.

If Problems Persist

If sundowning continues to be a problem, then seek advice from your GP who will help you to identify the cause of sundowning, such as pain, a sleep disorder or other illness, or a medication side effect.

If medication is prescribed to help the person relax and sleep better at night, be sure to find out about possible side effects. Some medications can increase the chances of dizziness, falls, and confusion. Doctors recommend using them only for short periods of time

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

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