



Ageless

"Your weekly guide to compassionate care"

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Also Checkout: Meet our Care Ambassador of the Month!

Dear Reader,

At CareSync, we understand how deeply you care. We know how tough it is to care for yourself and a loved one who needs you. That's why we created Ageless, a weekly newsletter to assist you in caring for your family and help you Feel like You again and Get your life back.

This newsletter is a part of your monthly membership package which also includes-



Chat Support

Get answers from Dr. Okoli.



Caresync talks*

Silver Suite and Gold members

*(*Additional costs apply)*

Chat with us and join us on Wednesdays at noon for our talks. Can't wait to see you!

➤ How to deal with Physical Disabilities After a Stroke

Introduction: The Real and the Imagined

When a loved one suffers a stroke, it often brings a cascade of physical challenges, ranging from mild impairments to severe disabilities. Understanding these challenges, what's real and what may be exacerbated by other factors, is crucial in providing effective support and care.

The Spectrum of Physical Disability Post-Stroke

1. Mild to Severe Impairments:

- **Hemiparesis and Hemiplegia:** These are among the most common disabilities resulting from a stroke. Hemiparesis involves weakness on one side of the body, while hemiplegia refers to complete paralysis of one side. Individuals with hemiparesis may struggle with daily tasks like dressing and walking, whereas hemiplegia can require comprehensive home care.
- **Locked-In Syndrome:** This severe form of stroke outcome results in the patient being almost entirely paralyzed, often able to move only their eyes. Despite this, cognitive functions remain intact, making it a particularly challenging condition for communication.

2. Cerebellar Strokes:

These strokes affect the cerebellum, the area of the brain responsible for balance and coordination. Patients might experience vertigo, difficulty walking, or uncoordinated movements, which can be mistaken for drunkenness or clumsiness.

Unblocking Arteries: Timing and Rehabilitation

The phrase "time is brain" underscores the critical nature of quick response to stroke symptoms. Rapid medical intervention to unblock arteries can significantly reduce the severity of physical disabilities. Following immediate care, aggressive rehabilitation is essential. This includes physical therapy, occupational therapy, and speech therapy, depending on the areas affected by the stroke.

Rehabilitation Insight:

For stroke survivors like Tom, regular and intensive physical therapy sessions focused on regaining balance and muscle strength were pivotal in his journey toward recovery.

Recognizing and Managing Mimicking Conditions

Post-stroke, symptoms such as muscle stiffness and psychological factors like fear of falling can mimic or exaggerate physical disabilities. Understanding these can prevent unnecessary limitations and encourage appropriate therapeutic measures.

Adaptive Equipment and Technology:

- **Walkers and Wheelchairs:** These aid mobility and can be crucial for those with hemiparesis or hemiplegia.
- **Smart Technology:** Apps like ReminderLink help manage medication schedules and doctor's appointments, keeping family members informed and involved.

Historical Fun Fact:

President Franklin D. Roosevelt suffered from polio, not a stroke, but his disability was similarly managed through innovative mobility aids and public adaptation.

Preventing Injuries and Encouraging Independence

Creating a safe living environment is essential. This includes installing grab bars, using non-slip mats, and ensuring the home is wheelchair accessible if necessary. Encouraging independence through adaptive technologies and modified tasks can enhance recovery and morale.

➤ From Stroke to Swing: Tom's Comeback

Tom, a 60-year-old retired banker, experienced a cerebellar stroke that dramatically changed his life. Before the stroke, Tom was an active individual who enjoyed spending his weekends on the golf course with his buddies.

He had always been known for his competitive spirit and sharp wit, but the stroke left him unable to walk without support, making even the simplest tasks seem insurmountable. The cerebellar stroke affected the part of his brain responsible for coordination and balance, causing severe dizziness, unsteady movements, and difficulty in standing or walking.

Determined not to let the stroke take away his passion for life, Tom set a clear goal for himself: to get back on the golf course with his friends. This goal became the driving force behind his intense rehabilitation journey. Tom's medical team designed a specialized rehabilitation program focused on improving his balance, coordination, and strength. The road to recovery was not easy. It was filled with long, grueling sessions of physical therapy that challenged Tom both physically and mentally.

For the first few weeks, Tom relied entirely on a wheelchair. Simple tasks like standing up or transferring from his bed to the chair required assistance. But Tom was determined. With the guidance of his physical therapist, he began working on exercises that targeted his core strength, leg muscles, and most importantly, his balance. He started with basic exercises, such as sitting balance activities, and gradually moved on to standing with support, always pushing the boundaries of what he could do.

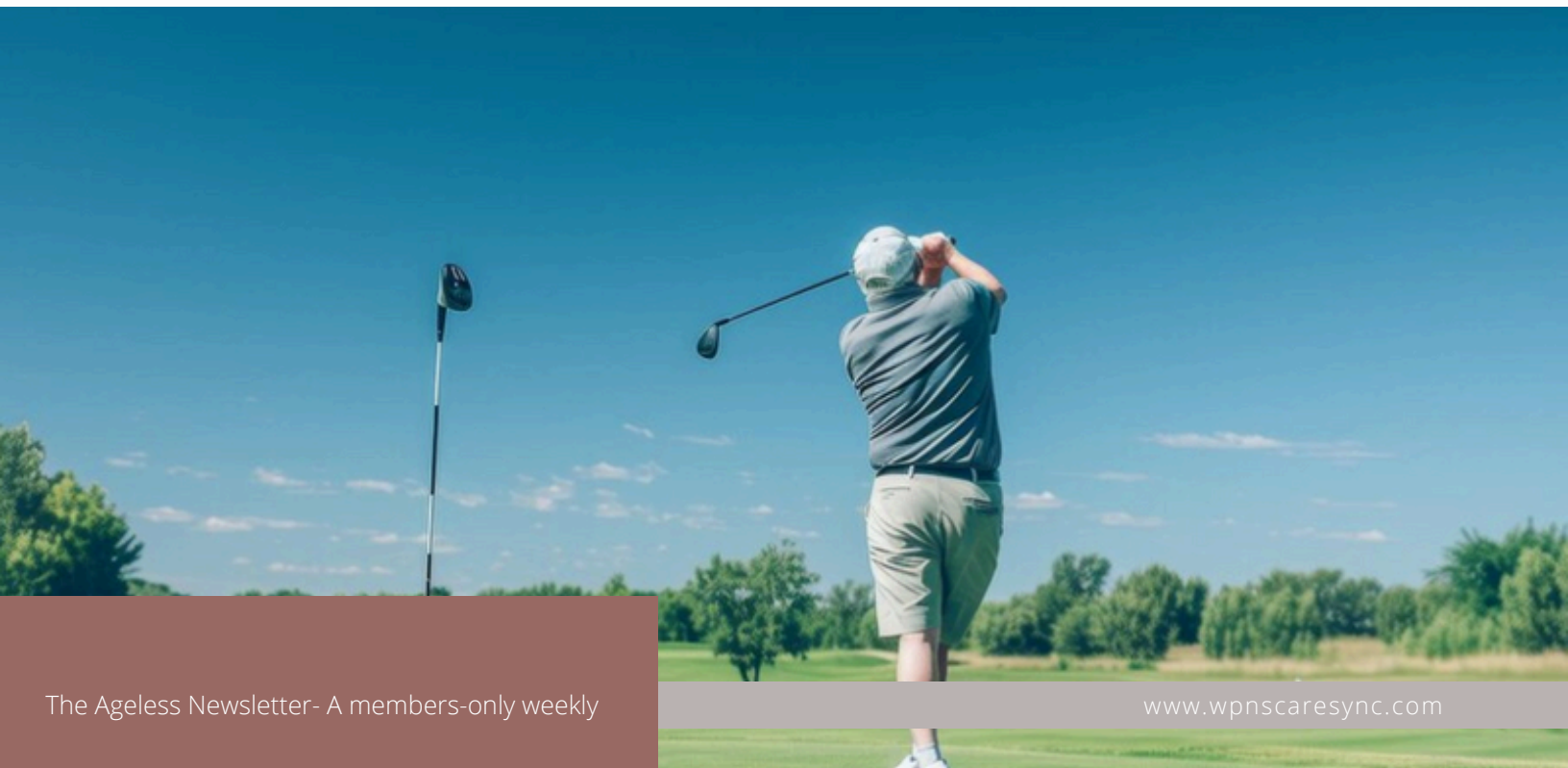
As the weeks turned into months, Tom's progress was evident. His determination never wavered, even when he faced setbacks. By the third month, Tom had progressed from using a wheelchair to a walker. This was a significant milestone, as it marked the beginning of his transition from sitting to standing activities. The walker allowed him to move around more independently, and he started incorporating walking drills and endurance exercises into his daily routine.

Tom's physical therapist introduced a variety of balance exercises, including standing on one leg, using a balance board, and walking on uneven surfaces. These exercises were designed to simulate real-life situations and prepare Tom for the challenges he would face once he was back on the golf course. As he gained confidence, his sessions also included more complex activities like stair climbing and even practice swings with a golf club.

By the fifth month, Tom had transitioned from a walker to using a cane. This was a moment of triumph for him, as it symbolized his regained independence. Although he still experienced some difficulty with coordination, his balance had improved significantly, and he was now able to walk short distances with the cane. Tom's perseverance paid off, and his progress continued steadily.

Finally, after six months of intense rehabilitation, Tom achieved his goal. He could walk with the assistance of a cane and had regained enough balance and strength to rejoin his friends on the golf course. The first time he stood on the green again, holding his golf club, was an emotional moment for Tom. It was the culmination of months of hard work, determination, and the unwavering support of his medical team.

Today, Tom is doing well. While he still experiences some challenges, his life has returned to a sense of normalcy. He continues to practice his exercises to maintain his progress and remains an active member of his golf group. Tom's story is a testament to the power of determination, the importance of specialized rehabilitation, and the possibility of reclaiming one's life after a stroke.





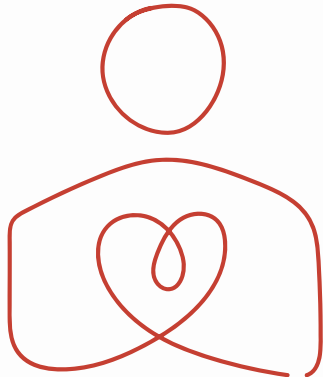
➤ Find Your Wellness Words!

Take a moment for yourself with our Self-Care Word Search Challenge! This engaging puzzle is designed to remind you of essential self-care practices that can rejuvenate your mind and body

(Hint: there are total 10 words hidden in the below puzzle)

N	U	T	R	I	T	I	O	N	G
U	E	X	E	R	C	I	S	E	O
T	L	W	A	L	K	I	N	G	J
R	A	R	E	L	A	X	A	T	I
I	M	O	J	H	O	B	B	I	E
T	Y	O	G	A	E	P	N	R	A
I	T	D	D	S	L	E	E	P	R
O	A	R	T	M	E	D	I	T	A
N	N	J	O	U	R	N	A	L	I
H	Y	D	R	A	T	I	O	N	O
N	N	J	O	U	R	N	A	L	I

"Taking care of yourself is part of taking care of your loved ones."





Adaptive Equipment for Stroke Recovery: Helping Your Loved One Stay Safe and Independent

When someone you love has a stroke, helping them get better is really important. Using special tools called adaptive equipment can make a big difference. These tools help your loved one stay safe and do things on their own. This guide will show you some of these tools and how they can help. You can also find more help in our Caregiver Resource Guide on our website.

Adaptive Equipment for Moving Around

- **Walkers and Rollators:** Walkers and rollators help people who have trouble balancing or walking. Some even have seats and storage to make moving around easier.
- **Wheelchairs:** Wheelchairs are great for people who can't walk well or at all. There are manual wheelchairs that you push and electric ones that move on their own.

Case Study:

After his stroke, John found walking very hard. Using a lightweight wheelchair with easy controls helped him join family activities again.

Adaptive Equipment for Daily Activities

- **Grab Bars and Handrails:** Installing grab bars in the bathroom and along stairs helps prevent falls and keeps your loved one safe.
- **Raised Toilet Seats and Shower Chairs:** These tools make bathroom time safer and more comfortable, so your loved one can take care of themselves better.

Adaptive Equipment for Talking

- **Communication Boards and Apps:** These tools help people who have trouble speaking. They can point to pictures or use apps that turn speech into text.
- **Hearing Amplifiers:** If your loved one has trouble hearing after their stroke, hearing amplifiers can help them hear better and join conversations.

Adaptive Equipment for Using Hands

- **Adaptive Utensils:** Special utensils with easy-to-hold handles help stroke survivors eat by themselves.
- **Button Hooks and Zipper Pulls:** These simple tools make getting dressed easier and help your loved one feel more independent.

Technology for Safety and Coordination

- **ReminderLink App:** Our ReminderLink app helps families keep track of care schedules, medication times, and appointments. It's a great way to make sure your loved one gets the right care at the right time.
- **Home Monitoring Systems:** Smart home devices like motion sensors and video monitors alert you if something's wrong, so you can help quickly.

Real-Life Example: Jane's Journey

Jane takes care of her mom Helen, who had a stroke. Installing grab bars and using a rollator helped Helen move safely around the house. The ReminderLink app also helped Jane and her family keep track of Helen's meds and appointments.

➤ Talking to the Doctor About Stroke

When you take care of someone who had a stroke, it's super important to ask the doctor good questions. This checklist will help you know what to ask so you can take the best care of your loved one.

Checklist for Doctor's Visit

Understanding the Stroke:

- What kind of stroke did they have?
- Which part of the brain was hurt?
- What problems should we watch for?

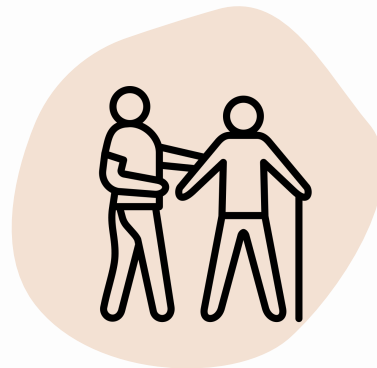


Medication Management:

- What medicines do they need to take and why?
- What are the side effects?
- Can these medicines mix safely with other ones they take?
- How and when should they take these medicines?

Rehabilitation and Therapy:

- What kinds of therapy do they need (physical, speech, occupational)?
- How often should they go to therapy?
- Are there exercises we can do at home?

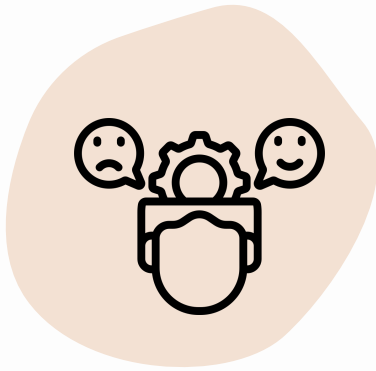


Monitoring Progress:

- How can we check if they are getting better?
- What signs of improvement should we look for?
- How often should we visit the doctor?

Managing Physical Disabilities:

- What physical problems might they have (like weakness or balance issues)?
- Is there special equipment we should use to help them?
- How can we keep them safe at home to prevent falls?



Emotional and Cognitive Health:

- How can we help them feel better emotionally?
- What signs of sadness or anxiety should we watch for?
- Are there activities to help their brain stay strong?

Lifestyle and Diet:

- Are there foods they should eat or avoid?
- What lifestyle changes can help them get better and prevent more strokes?
- Should they have an exercise routine?



Understanding Risks and Prevention:

- What are the chances of having another stroke?
- How can we reduce those chances?
- Are there health checks we should do regularly (like blood pressure)?

➤ Meet our Care Ambassador Of The Month!



Lynn Gervais

Practice Manager,

Worcester Physicians and Nurses Services

We are thrilled to introduce our new "Ambassador of the Month" feature, spotlighting the incredible individuals who make a significant impact within the CareSync community.

This month, we are delighted to highlight Lynn, the Practice Manager for Worcester Physicians and Nurses Services.

Do read our quick chat with Lynn to know more about her amazing contribution!



1. Please tell us more about your role at CareSync and what do you love the most about your work?

I am the Practice Manager for Worcester Physicians and Nurses Services. CareSync is a new product that I am helping to coordinate, to find leads. I am the day to day behind the providers, I schedule, bill, credential, pretty much whatever needs to happen I make happen. What do I like most? I like that I can help people even indirectly. The providers provide top-quality care with the compassion and empathy that they deserve. I enjoy being part of that. I feel that I make a difference even if it is just listening to a patient or family member on the phone.

2. Can you share a memorable moment from your time working with caregivers?

Many times patients and family members have called in a panic because they did not know where to turn. Having someone listen for 5 minutes and giving resources if needed is the relief they are looking for.

3. How do you manage your own well-being while supporting others in such a demanding role?

When I first started there were times that I was overwhelmed, empathy overload, and felt helpless. I never knew how many people were struggling with their health. I learned to take a step back, knowing that Dr. Okoli and Molly, NP were the best people to help them.

4. If you could have any superpower to help caregivers, what would it be and why?

If I had any superpower to help those who are caring for their loved ones, well it would be CareSync. The tools and resources available are numerous and helpful. It is hard to take a breath when you are taking care of a loved one and managing your life.

5. Do you have any hobbies or interests outside of work that you're passionate about?

I am an avid gardener. I enjoy being outdoors and the labor involved in creating little habitats around my yard. I also enjoy live music. My husband and I try to see shows as often as possible.

6. What's your favourite quote or motto you live by?

Be Kind. It really pays off to just be kind to everyone.

7. How do you like to spend your weekend?

Usually spend weekends in my yard, running errands, going to the beach, and spending time with my beautiful daughter.



➤ News and Updates

Sneak Peek for Next Week:

Next week, we'll talk about how to deal with Parkinson's Disease. We'll tell you what to look for and how to help.

Website Makeover

Our website www.wpnscaresync.com looks new and fresh! Check out our updated services, including chat, online learning, simple games and more to help you stay informed and healthy for yourself and your loved ones.

Questions?

Our website www.wpnscaresync.com has a chat feature where you can ask anything. We will respond within 6-24 hours.

Chat with us now, its free.

If you want to talk to me directly, you can book an appointment on our website.



That's it for this week's edition. We hope you enjoyed this newsletter and found it helpful.

See you next week

Warm regards,

The CareSync Team

Tell Us What You Think:

We want to help you the best we can. Please let us know your thoughts and what topics you want us to write about next time.

Email us at -
wpns@wpnservices.org

Checkout Our Upcoming Events:

CareSync talks With Dr Okoli

Join us for invaluable caregiving tips in our exclusive virtual talk session!



Wednesday, Aug 7, 2024



12 PM EST

[Click to Register](#)

Contact Us:

We are here to help you. Contact us anytime if you have questions or need support.

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