



Ageless

"Get your life back"

Inside this Edition

Feature Story: Family Caregiver turns dementia on it's head

Ask Dr O, (our geriatrics Specialist)

Stressed caring for a loved one? Let's talk self-love

Dear Reader,

At WPNSCareSync, 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 simplify caregiving 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 with Us

Get answers from our experts



Let's talks*

Silver Suite and Gold members

*(*Additional costs apply)*

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

Stressed? Sick spouse? Confused about how to keep going?
Feel like You again with Us. [Join](#)



➤ **How Kate Transformed Her Caregiving Journey: Understanding Dementia and Decoding the Language of a Loved One**

Kate's Story: Learning to Listen Beyond Words

I'm Kate, and like many of you, I found myself on a caregiving journey I never expected. My mother, Ruth, was diagnosed with dementia three years ago. I remember feeling overwhelmed, not knowing where to start or how to connect with her as her condition progressed. Our conversations turned into arguments, and I felt like I was losing someone I once knew.

But then something changed. I started to learn more about dementia—not just the textbook definitions, but the real, day-to-day challenges that come with it. I discovered that my mom's behavior wasn't just random or out of spite; it was her way of communicating in the only way she could. It was like learning a new language—a language of verbal and nonverbal cues. And as I began to understand this new way of "talking," I noticed that our relationship improved. We had fewer arguments, and I felt more in control. Let me take you through what I learned and how it transformed our lives.

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Understanding Dementia: The Stages and What They Mean

- Dementia isn't a one-size-fits-all diagnosis. It's a progressive condition that affects the brain, leading to a decline in cognitive function. Dementia is typically divided into three stages: early, middle, and late. Each stage comes with its own set of challenges, and understanding these can make a world of difference in how you care for your loved one.



1. Early Stage: In the early stage, individuals may experience mild memory loss and difficulty with problem-solving or decision-making. They might become more easily confused or lose track of time. This stage is often frustrating for both the person with dementia and their caregiver, as they may be aware of their decline but unable to stop it.

2. Middle Stage: The symptoms become more pronounced during the middle stage. Your loved one might forget names, faces, and even important events. They may start to wander, repeat themselves, or struggle with complex tasks like managing finances. Communication becomes more challenging, and this is often where caregivers like myself start to feel the strain.

3. Late Stage: In the late stage, dementia takes a profound toll on the individual. They may lose the ability to recognize loved ones, speak coherently, or control their movements. At this point, they rely entirely on their caregivers for daily activities. It's an emotionally challenging time, but it's also when nonverbal communication becomes crucial.

The Power of Verbal and Nonverbal Cues

As my mother's dementia progressed, I realized that our fights and misunderstandings stemmed from my inability to "hear" what she was saying. Here's what I learned:

Verbal Cues: In the early and middle stages, people with dementia may still use words to communicate, but their vocabulary might shrink, and they might struggle to express themselves clearly. I learned to listen not just to the words but to the tone and repetition. For example, when Mom kept asking to "go home," I realized she wasn't talking about a physical place. "Home" was her way of expressing a need for comfort and security. Once I understood this, I stopped trying to correct her and instead focused on providing that sense of safety.

Nonverbal Cues: As Mom's verbal skills declined, I had to rely more on nonverbal cues. This was a game-changer for us. I paid attention to her body language, facial expressions, and even the way she held objects. If she seemed agitated or started pacing, I knew she was feeling anxious, even if she couldn't tell me why. A gentle touch, a soft voice, and familiar music often helped calm her down.

KATE'S STORY CONTINUES AFTER THIS GAME...

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how to keep going?

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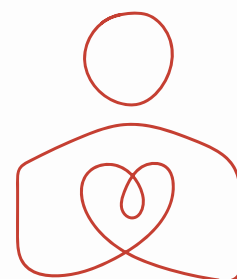
➤ The Professionals- word search!

Grab a pen, find a cozy spot, and start hunting for those careers hidden in the grid. Can you find them all? Happy searching!

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

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

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



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KATE'S STORY CONTINUES...

Lessons Learned: Fewer Arguments, More Control

- One of the most significant lessons I learned was that my mother's behavior wasn't something to be "fixed." It was a form of communication, and I needed to adapt to it. By paying attention to both verbal and nonverbal cues, I found that we argued less, and I felt more in control of our situation.
- I also learned the importance of self-care. It's easy to lose yourself in the role of a caregiver, but taking time for yourself—whether it's a short walk, reading a book, or just sitting quietly—can make a huge difference in how you cope with the challenges.

Bringing the Story Home: What You Can Do

- If you're caring for a loved one with dementia, here are a few tips that I found helpful:
- Learn the Stages: Understanding where your loved one is in the dementia journey can help you anticipate their needs and adapt your caregiving style accordingly.
- Listen Beyond Words: Pay attention to tone, repetition, and body language. These can provide clues about what your loved one is trying to communicate.
- Create a Safe Environment: As dementia progresses, safety becomes a top priority. Remove tripping hazards, install grab bars, and consider using tracking devices if wandering becomes an issue.
- Take Care of Yourself: Don't forget to prioritize your own well-being. Join a support group, talk to a counselor, or take breaks when you need them.



Conclusion: How to embrace the Journey Together

My journey with Mom hasn't been easy, but it's been incredibly rewarding. By learning to listen differently, I've been able to connect with her in ways I never thought possible. If you're on a similar journey, know that you're not alone. Understanding dementia and decoding the language of your loved one can transform your caregiving experience. It's not just about surviving each day; it's about finding moments of joy and connection along the way.

For more resources and support, consider joining a community like CareSync, where you can access personalized advice, educational materials, and a network of people who understand what you're going through. Let's navigate this journey together.

If you were inspired by Kate's story and want to start living stress-free, become a member of [WPNSCareSync](#). We assist you in making the right decisions for you and your loved ones. Members gain more insight and access to our providers.



➤ Ask Dr O- our geriatrics specialist

How do you Know if Your Loved One now needs nursing home care?

Hey there! I know you've been doing an amazing job caring for your mom at home, but sometimes, we need to step back and ask ourselves: Is it still safe? Take my patient, Edna, for example. Her daughter, Lisa, was doing everything she could, but after her mom wandered out and fell on the street, she knew something had to change.



If your loved one is getting more forgetful, confused, or even wandering off, it might be time to consider a nursing home, especially one with expertise in dementia care. Before jumping to that decision, though, try organizing the day with a solid routine, use reminder tools, and get help from family or caregivers. But if safety becomes a concern, don't feel guilty—sometimes, the best care we can give is finding the right place where they can be safe and cared for.

If you want to chat more about this? Let's schedule a consultation and figure out the best path together! visit to [website](http://www.wpnscaresync.com) to get started



➤ News and Updates

Sneak Peek for Next Week:

Next week, as part of our on-going labor day special. We'll talk about how to advocate for yourself while caring for your loved one- at work and at home.

Is caring for your loved one difficult, stressful and disorganized? Book a consultation with Dr O. today.

Visit our website to get expert guidance so you can feel like You Again and Get your life back!



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

See you next week

Warm regards,

Team WPNSCareSync

Tell Us What You Think:

What topic do you want to know about? send us an email or chat

Yours may be next

Email us at -

wpns@wpnservices.org

Prefer to chat with an expert about your concerns?

Go to our website and start chatting

www.wpnscaresync.com

Checkout Our Upcoming Events:

Let's Talk -With Dr O

Get valuable insights to transform the way you care for your loved on. Stop feeling stressed and overwhelmed.

Exclusive sessions with Dr O- Open to premium members only.



Wednesdays



12 PM EST

[Watch previous Let's talk videos here](#)

Contact Us:

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

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