



# AGELESS NEWSLETTER

Navigating Adult Romance as a  
Caregiver: A Complex Decision

October 2024 Edition

## Featured Story:

### Navigating Adult Romance as a Caregiver: A Complex Decision

Imagine this scenario: You and your sister are the only family members closely involved in your mother's care. She's now living in the dementia unit of a nursing home. After divorcing her husband over 10 years ago, your mom's ex-husband unexpectedly re-entered her life and started visiting her at the facility six months ago. At first, you and your sister were comfortable with his visits, thinking it was an attempt to reconcile a previously strained relationship. Despite their troubled marriage, where they faced issues over finances and lifestyle differences, your mother seemed to welcome his presence, and he became a frequent visitor and companion.

One day, the nursing home staff contacts you with a concern. They've noticed that your mother and her ex-husband have been found kissing and engaging in what appears to be an intimate relationship. The staff explains that while the relationship may seem harmless, your mother has been diagnosed with dementia and lacks the capacity to give informed consent. This raised significant concerns about her ability to make decisions regarding the relationship.

You and your sister initially decided that the relationship was benign and not worth interfering with. However, just a month later, the situation escalated. Your mother's roommate was found crying after walking in on them having intercourse.

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

[www.wpnscaresync.com](http://www.wpnscaresync.com)

The facility staff struggled to manage the relationship, and they informed you that your mother may need to be transferred to a different facility if the relationship continued, as it was affecting the privacy and well-being of other residents.

The dilemma here is complex. On one hand, your mother, Julie, is living with a severe, progressive cognitive illness, and her capacity to make informed decisions is in question. Yet, despite her dementia, she consistently recognizes her ex-husband and speaks fondly of him, smiling whenever his name is mentioned and eagerly asking when he will visit again. On the other hand, this situation led to several family discussions and consultations with the facility staff. Our service WPNSCareSync was brought in to help manage the situation.

During the investigation, We were confirmed that Julie's dementia was severe. She had difficulty with memory and recognizing people, yet still clearly recognized her ex-husband. Her daughters, however, had mixed feelings about the relationship, as they remembered the difficulties in their parents' marriage and felt their father had not been the most considerate partner.

Meanwhile, her ex-husband, Mark, had made significant life changes and was eager to reconcile, expressing his desire to care for Julie and eventually move her into a home he had purchased in Florida.

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

[www.wpnscaresync.com](http://www.wpnscaresync.com)

After several meetings, a resolution was reached. The facility established that engaging in intercourse on-site was inappropriate, and steps were taken to ensure this did not continue in shared spaces. However, to respect the relationship, Mark and Julie were provided a private room for supervised visits. These guided visits allowed the couple to spend time together while ensuring Julie's safety.

Over time, Mark worked with the facility and Julie's daughters to arrange for her to transition out of the nursing home and into the home he had prepared. The family was initially skeptical of his intentions, but Mark's consistent support and plans for Julie's care won them over. They arranged for private duty caregivers and we called on elder protective services to provide additional support in the transition. Within 24 hours of Julie's discharge, a case manager and nurse were assigned to oversee her care in the community. Julie required significant support, but with Mark's commitment and the help of private caregivers, she was able to adjust to her new living situation.

In the end, what began as a controversial situation evolved into a carefully managed transition where Julie's needs were prioritized, and her relationship with Mark was respectfully maintained under supervision. For families in similar situations, it's essential to involve professionals, ensure open communication, and prioritize the wellbeing and dignity of your loved one.

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

[www.wpnscaresync.com](http://www.wpnscaresync.com)

## Ask A Geriatrician:

### When is it Time to Transition a Loved One to Memory Care?

This month's question comes from David, who's been caring for his father at home. David asks, **"My dad has been diagnosed with Alzheimer's, and we're struggling to manage his care. How do I know when it's time to consider a memory care facility?"**

#### **Our CareSync geriatrician answers:**

"David, this is a common concern for many families and caregivers. Some key signs to watch for include wandering, increased confusion, aggression, or an inability to perform daily tasks like bathing and dressing. Another red flag is when the home environment can no longer provide safety and comfort.

If these challenges are becoming more frequent, it might be time to explore a memory care facility, which is specifically designed for individuals with cognitive impairments. It's important to talk with the care team and involve your family in the decision-making process."

**\*\*Got a question?\*\***

Mail us at [wpns@wpnservices.org](mailto:wpns@wpnservices.org) to submit your query for next month's "Ask a Geriatrician" feature!

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

[www.wpnscaresync.com](http://www.wpnscaresync.com)



Fun Stuff:

## Spooky Caregiving Tips for Halloween!

Caregiving doesn't stop for the holidays, but we've got some fun, spooky tips to lighten the load as you care for your loved ones this Halloween season:

- 1. Pumpkin Spice and Everything Nice:** Engage your loved one in simple, fall-themed activities like decorating a pumpkin or baking Halloween cookies.
- 2. Trick or Treat, Safely:** If your loved one likes to participate in Halloween, make sure walkways are well-lit, and they stay inside to hand out candy from a seated area.
- 3. Spooky Sensory Stimulation:** Try showing them nostalgic Halloween movies or playing soft, themed music to provide gentle sensory stimulation without overstimulation.

**\*\*Got a spooky tip of your own?\***

Share it with us, and we may feature it in next year's Halloween edition!

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

[www.wpnscaresync.com](http://www.wpnscaresync.com)

## Upcoming Events:

### CareSync Talks - October Edition

Let's Talk resumes October 30th!


Join us **Wednesdays at 12 PM** for our weekly Let's Talk webinar! This month, we'll be discussing topics such as **'Navigating Holiday Family Gatherings with a Loved One in Memory Care'** and many more and sharing strategies to reduce holiday stress while keeping everyone happy. This talk is exclusive for our Advance and Premium members.

## **\*\*Ambassador Nominations Now Open\*\***

Do you know a caregiver who's making a significant impact? Nominate them to be our **\*\*November Ambassador of the Month\*\*** and let their caregiving story inspire others.

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

[www.wpnscaresync.com](http://www.wpnscaresync.com)



*October is a month of transformation, and we're here to help you transform the way you approach caregiving. Whether it's helping you communicate better with your family, finding the right care for your loved one, or giving you the tools to stay healthy yourself, WPNSCareSync is your partner every step of the way.*

*Stay tuned for more exciting announcements, and as always, thank you for being a part of the WPNSCareSync family!*

***\*\*Need to connect?\*\****

*Reach out to us via our **chat feature** or **schedule a consultation** on our website. Let's get through this caregiving journey together.*

---

*WPNSCareSync- Feel Like You Again.*

