



Ageless

"Your weekly guide to compassionate care"

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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!*

➤ Managing Parkinson's Disease-Related Dementia

Understanding the Connection

Parkinson's disease (PD) is a progressive neurological disorder that primarily affects movement. However, as the disease progresses, many individuals with Parkinson's may also develop dementia. Parkinson's disease-related dementia (PDD) affects memory, thinking, and behavior, adding complexity to caregiving. This guide provides a comprehensive approach to understanding, managing, and supporting loved ones with PDD.

The Overlap Between Parkinson's and Dementia

Parkinson's Disease (PD):

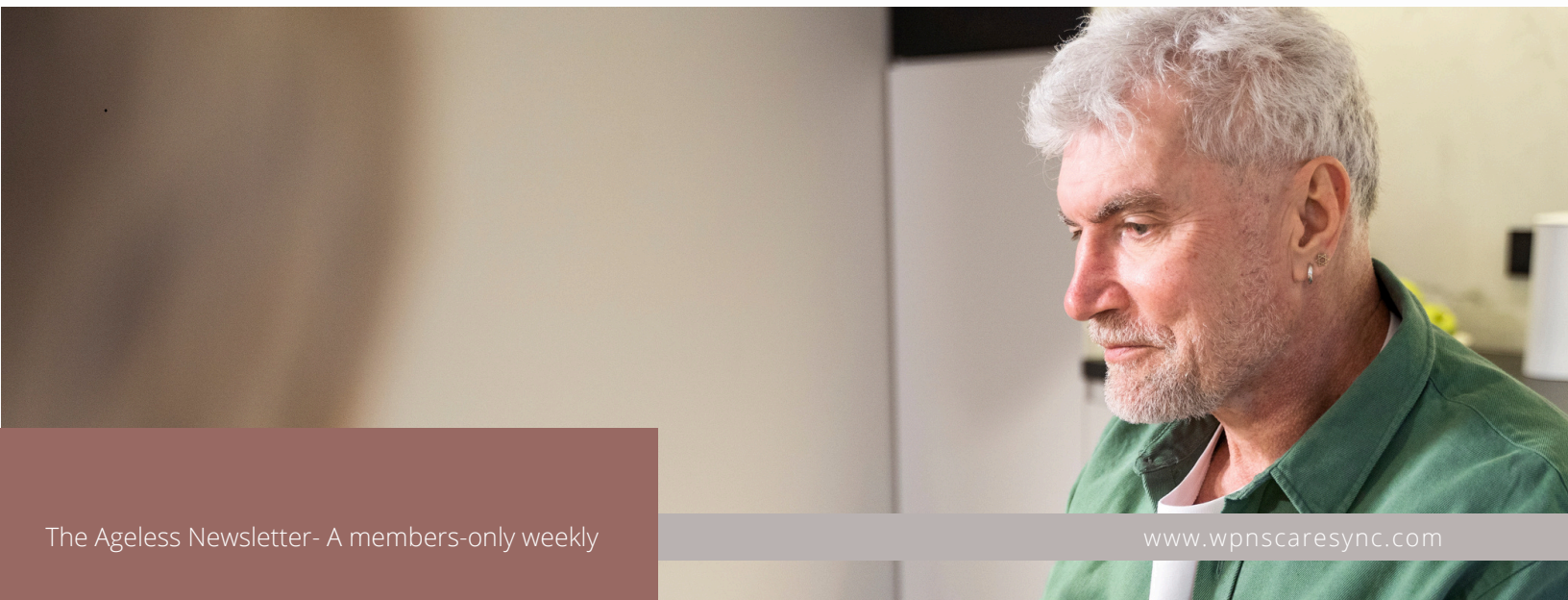
PD is characterized by symptoms such as tremors, stiffness, slowness of movement, and balance problems. These symptoms are caused by the loss of dopamine-producing neurons in the brain.

Parkinson's Disease-Related Dementia (PDD):

PDD can develop in the later stages of Parkinson's. It involves cognitive decline that affects memory, language, judgment, and behavior. Unlike Alzheimer's disease, which primarily affects memory first, PDD often starts with slowed thinking and problems with planning and organizing.

Case Study:

John, a 72-year-old retired teacher, was diagnosed with Parkinson's disease a decade ago. Recently, his family noticed changes in his memory and behavior. John often forgets recent conversations, gets easily confused, and has trouble making decisions. His wife, Mary, has been struggling to manage these new challenges, worried about John's safety and well-being.



Recognizing Symptoms of PDD

Cognitive Symptoms:

- Memory Loss:** Forgetting recent events or conversations.
- Executive Dysfunction:** Difficulty with planning, organizing, and decision-making.
- Attention Deficits:** Problems with concentration and staying focused.

Behavioral and Psychological Symptoms:

- Depression and Anxiety:** Mood changes, including increased anxiety and depressive symptoms.
- Hallucinations and Delusions:** Seeing or hearing things that aren't there, or having false beliefs.
- Apathy:** Lack of interest or motivation in activities.

Physical Symptoms:

- Motor Symptoms:** Worsening of Parkinson's motor symptoms, such as tremors and rigidity.
- Sleep Disturbances:** Changes in sleep patterns, including daytime sleepiness or insomnia.

Managing Cognitive Symptoms

Medication Management:

- Cholinesterase Inhibitors:** Drugs like rivastigmine can help improve cognitive function in PDD patients.
- Antiparkinsonian Medications:** Ensuring that Parkinson's medications are optimized can also help manage cognitive symptoms.

Cognitive Stimulation:

- Engage in Puzzles and Games:** Activities that stimulate the brain, such as puzzles, word games, or card games.
- Memory Aids:** Use tools like calendars, notes, and reminders to help with memory.

Structured Routine:

- Daily Schedule:** Maintain a consistent daily routine to reduce confusion and anxiety.
- Task Simplification:** Break down tasks into simple, manageable steps.

Managing Behavioral Symptoms

Behavioral Interventions:

- Create a Calm Environment:** Reduce noise and distractions to help manage agitation and confusion.
- Redirect Attention:** If your loved one becomes upset or agitated, gently redirect their attention to a different activity.

Emotional Support:

- Listen and Reassure:** Provide emotional support by listening to their concerns and offering reassurance.
- Professional Counseling:** Consider seeking help from a therapist who specializes in dementia care.

Managing Physical Symptoms

Exercise and Physical Therapy:

- Regular Exercise:** Encourage gentle exercises, such as walking or stretching, to maintain mobility and improve mood.
- Physical Therapy:** Work with a physical therapist to create an exercise plan tailored to your loved one's abilities.

Fall Prevention:

- Home Safety:** Remove tripping hazards, install grab bars, and use non-slip mats to prevent falls.
- Assistive Devices:** Use walkers or canes to provide stability and support.

Utilizing Technology for Support

ReminderLink App: Our ReminderLink app can help you coordinate care schedules, manage medication reminders, and keep track of appointments. It's a valuable tool to ensure your loved one receives consistent and timely care.

Home Monitoring Systems: Smart home devices, like motion sensors and video monitors, provide additional safety by alerting caregivers to any unusual activity, ensuring prompt assistance if needed.

Supporting the Caregiver

Self-Care:

-Take Breaks: Ensure you take time for yourself to prevent burnout. Use respite care services if needed.

-Join Support Groups: Connect with other caregivers who understand your challenges. Sharing experiences can provide emotional relief and practical advice.

Education and Training:

-Stay Informed: Keep learning about Parkinson's disease and dementia through reliable sources and caregiver training programs.

-Consult Professionals: Work with healthcare providers, neurologists, and dementia specialists to develop a comprehensive care plan.

Real-Life Example: Jane's Journey with John

Jane, caring for her husband John who has PDD, found that a combination of medication management, structured routines, and cognitive activities greatly improved John's quality of life. She also used the ReminderLink app to stay on top of medications and appointments, making her caregiving role more manageable.

Conclusion: Empowering Caregivers and Loved Ones

Managing Parkinson's disease-related dementia is a challenging journey, but with the right strategies and support, it is possible to improve the quality of life for both the individual and their family. At CareSync, we offer comprehensive resources, personalized support, and a community dedicated to helping you navigate this path with confidence.

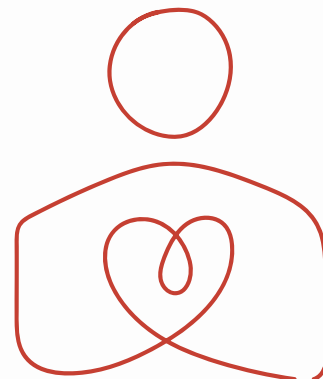
➤ Flex Your Mind, Find the Path to Wellness!"

Boost your brainpower and have some fun! Dive into this wellness word search and discover the key to Parkinson's care.

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

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

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





Questions to Ask Your Doctor About Memory Problems in Someone with Parkinson's

When someone you love has Parkinson's disease and starts having memory problems, it can be very scary. Talking to a doctor can help you understand what's going on and how to help them. Here are some simple questions you can ask your doctor.

Important Questions to Ask Your Doctor

1. What Are the Signs of Memory Problems from Parkinson's?

- How can I tell if it's normal aging or something else?
- What should I be looking out for in my loved one?

2. Why Are These Memory Problems Happening?

- Are these problems because of Parkinson's disease?
- Could other things like medicine or other illnesses be causing this?

3. What Tests Do We Need?

- Will we need to do brain scans like MRI or CT?
- Are there special tests to check memory and thinking skills?

4. What Treatments Can Help?

- Are there medicines that can help with memory problems?
- What are the side effects of these treatments?

5. What Else Can We Do to Help?

- Are there things like healthy eating and exercise that can help?
- Can therapy or other activities help with memory?

6. How Do We Keep Track of Memory Problems?

- What can we use to check memory changes over time?
- How often should we come back to see the doctor?

7. Where Can We Get More Help?

- Are there support groups or counselors for families and patients?
- Can you give us good websites or books to learn more?

8. How Can We Make Home Safe?

- What should we do to keep my loved one safe at home?
- Are there changes we need to make in the house?

Story: Sarah and Her Dad, Tom

Sarah noticed her dad, Tom, was having trouble remembering things. She asked these questions to their doctor and found out about new medicines and activities that could help. This made life better for Tom and made Sarah feel much better, too.

Conclusion: Ask Questions and Learn More

It's very important to ask questions and get help when someone you love has memory problems from Parkinson's. By talking to the doctor, you can find ways to make things better for them.

Check out our Caregiver Resource Guide on the CareSync website for more tips and help with memory problems in Parkinson's disease. Sign up for CareSync membership today to get personal support, learning resources, and to feel like YOU again.

Stay Connected:

Do you have questions or need more help? Use the chat feature on our website, and we'll reply in 6-24 hours. You can also book an appointment with me directly through our website for personal support. Let's make sure your loved one gets the best care!



➤ Checklist for Watching Changes in Thinking for Parkinson's Patients

If someone you love has Parkinson's disease, it's important to watch for changes in how they think and remember things. This is very important if they can't show expressions on their face anymore. Use this checklist to notice and write down any changes so you can tell the doctor.

Checklist to Watch Changes in Thinking

1. Daily Routine:

- Trouble with Routine:** Is your loved one having a hard time doing their usual daily tasks?
- Forgetting Things:** Are they forgetting things they used to remember?

2. Talking:

- Repeating Questions:** Do they keep asking the same questions over and over?
- Finding Words:** Are they having trouble finding the right words when they talk?

3. Memory:

- Losing Items:** Do they lose things or put them in strange places?
- Remembering Recent Events:** Do they have a hard time remembering recent talks or events?

4. Solving Problems:

- Making Decisions:** Are they struggling to make simple decisions?
- Finishing Tasks:** Are they having trouble finishing tasks that need several steps?

5. Mood and Behavior:

- Mood Changes:** Have you noticed their mood changing suddenly?
- Interest in Activities:** Are they not interested in activities they used to like?

6. Showing Feelings:

- Facial Expressions:** Can they no longer show emotions with their face?
- Body Language:** Is their body language less expressive than before?

7. Safety:

- Wandering: Do they wander off or get lost in familiar places?
- Handling Money: Are they having trouble managing money or paying bills?

8. Social Interaction:

- Talking with Others: Are they less interested in talking with friends or family?
- Understanding Conversations: Do they have trouble understanding what others say?

How to Use This Checklist:

- Daily Tracking: Mark off any changes you see each day.
- Weekly Review: Look over the checklist at the end of each week to see any patterns or new changes.
- Doctor Visits: Bring this checklist to your doctor's appointments to help talk about your loved one's changes in thinking.

Conclusion: Keep Track and Get Help

Watching for changes in thinking is important to help your loved one with Parkinson's disease. This checklist can help you notice changes and talk to the doctor about them.

Visit our CareSync website to find more helpful resources and our Caregiver Resource Guide. Sign up for CareSync membership today for personal support, learning resources, and to feel like YOU again.

Stay Connected:

Have questions or need more help? Use the chat feature on our website, and we'll reply in 6-24 hours. You can also book an appointment with me directly through our website for personal support. Let's make sure your loved one gets the best care!



➤ News and Updates

Sneak Peek for Next Week:

Next week, we'll talk about Navigating Parkinson's Disease at the End of Life. We'll tell you about planning the future and more.

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 21, 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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