



# Ageless

*"Your weekly guide to compassionate care"*

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**Understanding Dementia After a Stroke: What to Do and How to Help**

**Checklist: How to Keep Someone with Dementia Safe**

**Also Checkout: Hobby Hunt puzzle and more**

*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 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 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!*



## ➤ Your Questions About Dementia Answered

**Q. Is it true that all stroke patients will develop dementia?**

**A. Nope! Not everyone gets a VIP pass to Dementia-ville.**

**Q. Can setting a daily routine help reduce wandering in dementia patients?**

**A. Yes, routines are like a GPS for the brain—minus the "recalculating"!**

**Q. Should you use long, complex sentences when speaking with someone who has dementia?**

**A. No way! Save the Shakespearean monologues for your pet cat.**

**Q. Can joining a support group provide helpful strategies for managing dementia?**

**A. Yes ,Absolutely! Think of it as your personal superhero team for brain battles.**

**Q. Is it okay to laugh and keep things light-hearted when communicating with someone who has dementia?**

**A. Yes, laughter is the best medicine—and it doesn't require a prescription!**

## ➤ What Happens After a Stroke?

Sometimes, when someone has a stroke, it can hurt parts of their brain that help with thinking, remembering, and acting normally. Over time, this can lead to dementia, which makes it hard to remember things and do everyday tasks.

**What to Look For:** Here are some signs to watch for:

- **Memory Loss:** Forgetting things that just happened.
- **Confusion:** Getting mixed up about time, places, or people.
- **Trouble Speaking:** Having a hard time finding the right words.
- **Difficulty with Tasks:** Struggling with things they used to do easily, like cooking or handling money.
- **Changes in Mood:** Sudden changes in how they feel or act.

### How to Help:

- **Stimulate the Brain:** Do activities that make the brain work, like puzzles, reading, and games.
- **Stay Organized:** Use calendars, lists, and reminders to keep track of what to do each day.
- **Exercise:** Moving around and doing exercises helps keep the brain healthy.
- **Healthy Diet:** Eating lots of fruits, vegetables, and whole grains is good for the brain.
- **Social Interaction:** Spend time with friends and family to keep the mind sharp.
- **Use Technology:** Our new app, ReminderLink, helps families plan and keep track of care. It helps you know if your loved one has taken their pills, has visiting helpers or grocers and reminds your loved one of activities coming up. Sign up at [wpns@wpnservices.org](mailto:wpns@wpnservices.org) to get notified when it's on the App Store.
- **Seek Professional Help:** Doctors and specialists can give treatments and tips to manage symptoms. Regular check-ups are important.

## ➤ Checklist: How to Keep Someone with Dementia Safe

John is 78 and lives with his daughter, Lisa, after having a stroke. Lately, John tries to leave the house at odd times, and Lisa is worried because he seems confused about where he's going.

Here's some steps Lisa can take to make her father stop wandering:

### 1. Keep the Home Safe

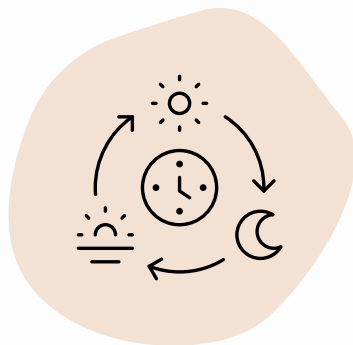
- **Lock Doors and Windows**
  - Put locks where they can't be easily seen.
  - Use door alarms to know if they try to leave.
- **Use ID Tags**
  - Make sure they wear an ID bracelet with your phone number.
  - Keep a recent photo and medical info nearby.
- **Safe Outdoor Space**
  - Create a fenced yard for safe walking.
  - Keep gates locked to stop wandering.



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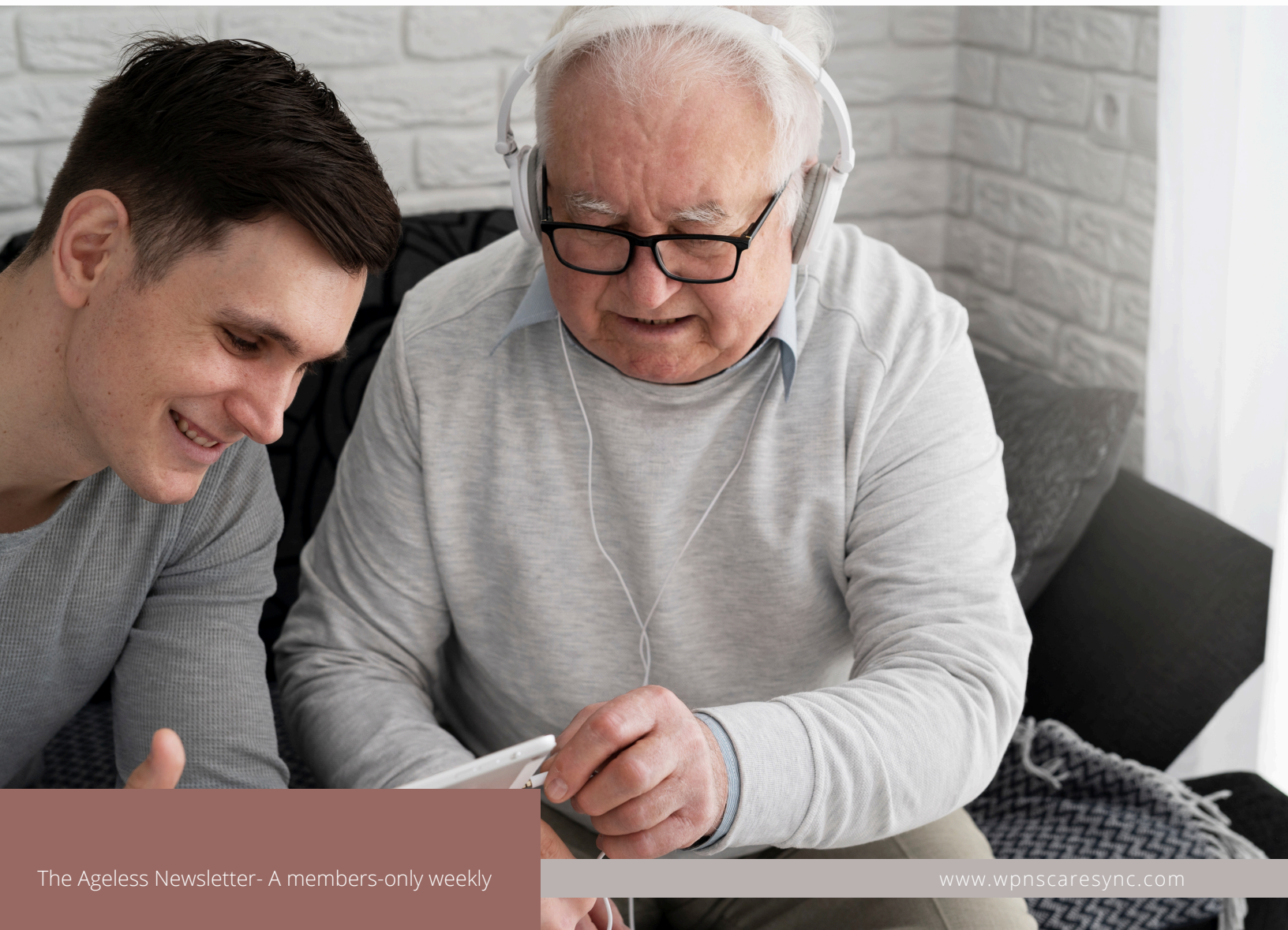
### 2. Maintain Daily Routines

- **Make a Routine**
  - Plan daily activities and stick to them.
  - Give them tasks that make them feel important.
- **Watch for Restlessness**
  - Notice signs like pacing that might lead to wandering.
  - Encourage walks or exercise to help them relax.
- **Use Signs**
  - Put signs around the house to help them find their way.
  - Make sure rooms are bright and easy to move in.



### 3. Community and Help

- **Tell Neighbors**
  - Let neighbors know so they can help if needed.
  - Sign up for local programs that help find people who wander.
- **Get Professional Help**
  - Talk to doctors for more ideas.
  - Join a support group to learn from others.



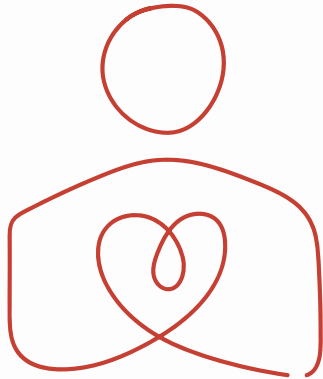


## ➤ Hobby Hunt: Word Search Challenge

Dive into this word search and discover the hobbies that can add joy to your day!  
**(Hint: there are total 10 words hidden in the below puzzle)**

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

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



## ➤ Guide: Talking to Someone with Dementia After a Stroke

Mary finds it hard to talk to her dad, Paul, who has dementia. Their chats feel repetitive, and Paul often gets upset, leaving Mary unsure what to do.

Here's how Mary can do to talk to her father easily:

### Understand What's Happening:

- Memory problems and confusion can make talking tough.
- They might find it hard to find words or follow conversations.

### Tips for Talking:

#### 1. Make a Good Space

- **No Distractions**
  - Turn off the TV or radio.
  - Make sure it's quiet.
- **Stay Calm**
  - Talk slowly and clearly.
  - Use a gentle voice and be patient.



#### 2. Keep It Simple

- **Use Simple Words**
  - Break things into small steps.
  - Ask yes/no questions instead of open-ended ones.
- **Repeat and Rephrase**
  - If they don't understand, say it again differently.
  - Make sure they get it before moving on.

### 3. Use Body Language

- **Show Your Feelings**
  - Use your face and hands to help explain.
  - Look them in the eye to show you care.
- **Involve Them**
  - Talk about things they know.
  - Encourage them to share stories.



### 4. Be Kind and Understanding

- **Listen Well**
  - Show you're interested in their words.
  - Let them know their feelings are okay.
- **Stay Positive**
  - Celebrate little wins in conversation.
  - Keep the relationship warm and supportive.



## ➤ News and Updates

### Sneak Peek for Next Week:

Next week, we'll talk about what to do when swallowing doesn't work well after a stroke. We'll tell you what to look for and how to help.

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### Website Makeover

Our website [www.wpnscaresync.com](http://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.

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### Questions?

Our website [www.wpnscaresync.com](http://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*

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### 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 -  
[wps@wpnservices.org](mailto:wps@wpnservices.org)

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### Checkout Our Upcoming Events:

## CareSync talks With Dr Okoli

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



Wednesday, July 24th 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.

#### CareSync (Owned by Worcester Physicians and Nurses Services)

111 Elm St STE 201, Worcester, MA 01609

Phone: (774)-525-4855

Email: [wpsmail@wpnservices.org](mailto:wpsmail@wpnservices.org)

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



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