



# SAINT FRANCIS

REHABILITATION AND NURSING CENTER



## MEMORY MATTERS

March 2023

WE ARE ALL IN THIS TOGETHER!

IN THIS ISSUE

### It's All About Supporting Each Other!

Some may feel apprehension about joining a support group, and that's understandable. Sharing what you're going through with people you've just met may feel strange. You don't have to share your story, you can just listen and hear what others have to say. You can communicate your preferences with the facilitator beforehand.

A typical meeting may last about an hour and our group meets monthly.

Being a caregiver is challenging. But you may find that spending time with fellow caregivers gives you the strength to go on.

Benefits of Dementia Support Group can include:

Receiving practical advice

Learning about community resources

Improving your coping skills

Gaining a sense of control over your situation

- Why join a support group?
- Alzheimer's Statistics
- Tips for visiting someone with dementia



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## Come join us for our Dementia Support Group Meeting!!!!

Next Meeting:

Thursday March 23, 2023 at 2:30 P.M.

Contact Lauren Gaffney at [lgaffney@saintfrancisrehab.com](mailto:lgaffney@saintfrancisrehab.com) for more details

### Tips for Visiting Someone with Dementia

1. Keep your tone and body language friendly and positive.
2. Don't speak too loudly.
3. Make eye contact and stay at their eye level.
4. Introduce yourself even if you're sure they must know you. "Hi Grandma, I'm Joe, your grandson."
5. Give them extra time to speak or answer questions, don't rush the conversation.
6. Use open-ended questions because there are no right or wrong answers.
7. Be ok with sitting together in silence. They may enjoy that just as much as talking.
8. Follow their lead, don't force conversation topics or activities.
9. Enter their reality. Go with the flow of the conversation even if they talk about things that aren't true or don't make sense.
10. Share and discuss memories of the past. They're more likely to remember things from long ago.
11. Come prepared with an activity, like something to read out loud, a photo album to look at, or some of their favorite music to listen to.
12. Give hugs, gentle touches, or massage arms or shoulders if the person gives permission and enjoys it.



### Alzheimer's Statistics...

- An individual will live with the increasingly devastating, debilitating and destructive effects of Alzheimer's for many years.
- Most people survive an average of four to six years after a diagnosis of Alzheimer's — but many live for as long as 20 years with the disease.
- On average, 40 percent of a person's years with Alzheimer's are spent in the most severe stage of the disease — longer than any other stage.
- By age 80, 4 percent of Americans enter a nursing home. For people with Alzheimer's, 75 percent end up in a nursing home by age 80.
- Alzheimer's disease is the sixth-leading cause of death in the United States.
- The number of Americans that die each year from Alzheimer's disease has risen 66 percent since 2000.
- Each year, Alzheimer's kills more Americans than breast and prostate cancer **combined**.
- Alzheimer's is the only disease in the top 10 causes of death in America without a way to prevent it, cure it or slow its progression.

