

Gifts for Caregivers and their Loved Ones

During this time of year, people begin thinking about gifts for the holidays. If you have tried to buy for an elder, you probably heard some of these responses. "I don't need anything. The holidays are for kids. Don't waste your money. I **really** do not need anything. The case is closed!" It may well be true that they don't **need** anything but there may be items and services they will enjoy which can help make their lives a little more independent, secure and interesting of which they are not aware. For example, the "Gadget wise" blog in **The New York Times** this month listed various technological gadgets designed for older people. Two are:

- New mobile phones, designed by a Swedish company called Doro, and introduced in the United States for the senior market. Through Consumer Cellular, AARP's official cellular provider, seniors can access Bluetooth technology as well as emergency-only plans.
- Simplified Internet services, including www.familink.com which is designed specifically for seniors and offers a package that starts at \$10 per month. Easy-to-view screens are color-coded.



Call Familink at **888-326-4598**. Features include a calendar, which can also be accessed by family members, and can remind elders to take their medications.



Family members and friends often times struggle with what are the appropriate gift items for someone with Alzheimer's disease. **Brookdale Senior Living** recently posted a link about gifts ideas for loved ones with Alzheimer's disease or other forms of dementia. Here are the ideas the company recommends:

- A listening device with recordings of favorite songs.
- Framed enlargements of family pictures.
- A picture scrapbook of the loved one's life, work, awards, and more.
- A photo album filled with pictures of past fun family activities.
- A personal reminisce/life enrichment box with contributions from all family members, based on the person's specific interests.
- Lotions, creams, or favorite scent.
- A music box.
- A therapeutic" touch quilt" or "fidget quilt" such as the ones below or at <http://www.patchworkmemoryquilts.com>



Caregivers Helper Year Round

The Alzheimer's Store is

dedicated to providing unique products and information for those caring for someone with Alzheimer's disease. Every product in the store has been carefully selected to make living with Alzheimer's disease as easy as possible. The store and guidance from the staff make activities of daily care giving much more manageable whether your caring for someone with memory loss or not. There are great DVDs for care partners to share and others that keep folks entertained while the caregiver takes a break. You can take a look online at www.alzstore.com or you can call them at **800-752-3238** to order or request a catalog. Many family members have told me that just going through their catalog has inspired them to come up with their own creative solutions. Many caregivers have created their own "fidget quilts" or "busy boxes" that could be customized to their loved ones preferences.



Caregiving on Community TV

Remember to watch **Agewise** on BNN-TV every second Tuesday of the month at 2:30PM.



Family Care Advisor **Leslie Ahern** and her husband **Paul Antokolsky**, who is a elder care specialist, host their one-hour TV show "**Taking Care**" Live every **Wednesday at 6:00 PM** on Comcast channel 9 and RCN channel 15. The program is repeated on Friday at 10:00 AM and Sunday at noon.



Please note all services are provided free and no income verification is required. For more information or to receive this newsletter monthly, please contact: **Leslie Ahern**
Family Care Advisor 617-477-6676 Lahern@ethocare.org
 ETHOS, 555 Amory Street, Jamaica, Plain, MA 02130 www.ethocare.org
www.caregiveralliance.org

Caregiver Support Groups

Join other caregivers for refreshments and discussion in a caring, relaxed, and confidential setting on a monthly basis. Everyone is welcome and **there is no charge**. We ask that you pre-register first.

"Smoother Sailing" Alzheimer Education Group

This free monthly group will meet on **Monday, December 7, 2009 from 6:00 -7:30 PM** at the Boston Rehabilitation Center in West Roxbury. Call Family Care Advisor, **Leslie Ahern** at **617-477-6676** to pre-register. The group provides support and education about dementia and the Alzheimer's disease process. We will learn behavioral techniques called Habilitation therapy. We will problem solve how to manage challenges like bathing, eating, toileting and anxiety. Our goal is to make "smoother sailing" of your every day care. We also will look at therapeutic activities to brighten everyone's day. ***"While we can not stop the stormy winds of dementia diseases, we can learn together how to better adjust our sails"***. ©



LGBT* Caregiver Support Group

This group usually meets the first Monday but Please contact Joanne Peskowitz at **(617) 271-4182** for exact dates.

*Lesbian/Gay/Bisexual/Transgender

"Taking Care of Me" Support Group

The group will meet **Monday, December 21, 2009** at 6:00-7:30 PM in the Boston Rehabilitation Center in West Roxbury. It is accessible by MBTA and there is free parking. Contact: **Leslie Ahern** at **617-477-6676**. **Group usually meets the third Monday of the Month.**

