

HomeTimes®

America's Choice In Home Care

Your resource for an at home senior lifestyle.



How to Handle Dementia and Anger in Seniors

Alzheimer's disease and dementia can dramatically exacerbate anger issues in seniors, causing distress for their loved ones. Understanding the root cause of these intense feelings can help you respond effectively and resolve the situation compassionately.

Common Alzheimer's and Dementia Triggers

Anger from Alzheimer's and dementia is often related to the following triggers:

- **Physical discomfort** caused by the inability to do simple physical tasks or initiated by pain, soreness, dizziness, nausea, or exhaustion.
- **Emotional overstimulation** sparked by a loud environment, background noise from a TV or radio, or even too much conversation.
- **Mental confusion** arising from a lost train of thought, going to a new place, meeting new people, mixed-up memories, too many choices, or sudden changes.

7 Strategies for Handling Anger and Dementia

The more you understand potential triggers, the easier to predict and manage outbursts. However, it isn't possible to avoid every outburst, so you need to be prepared.

Here are seven strategies you can use:

1. Don't Take It Personally

When your loved one lashes out, it can hurt emotionally and sometimes physically. Remember your loved one isn't being hurtful on purpose; their condition is causing the outbursts.

2. Solve the Problem

If you can determine the cause of distress, it may be possible to alleviate or solve the issue. You can stop an angry outburst from worsening and often help them feel calmer.

3. Avoid Physical Contact

NEVER react to violence with force unless your safety or someone else's safety is threatened. Taking physical control of someone with Alzheimer's or dementia may make them angrier and more aggressive.

4. Remain Calm

Use a calm tone of voice and avoid outward displays of distress, anger, or fear. If you show your loved one you are angry or upset, their anguish and agitation may worsen.

5. Step Away From the Situation

If possible, remove yourself from the room or situation. Give yourself and your loved one time to calm down. This will make it easier for you to react appropriately and may defuse or dispel their anger.

6. Be Kind and Reassuring at All Times

Do not argue. Instead, be sympathetic and accepting of their anger and frustration.

7. Don't Punish

People with Alzheimer's, dementia, and other memory disorders should not be punished or chastised for aggressive outbursts. This is one of the most common mistakes loved ones and untrained caregivers make. In addition to living with a condition they cannot control, your loved one may not understand why they are being reprimanded and may even forget the outburst happened.

Visiting Angels' caregivers have experience in Alzheimer's and dementia care to help you and your loved one. Learn more through a free home care consultation.



What to Do When Your Parent's Mobility is Limited

When your aging parent has mobility issues that prevent them from getting around easily, it can be challenging for them — and for you. Being concerned and anxious about their limited mobility and declining independence is normal.

Whether your loved one can no longer drive, has trouble walking long distances, or requires a walker or wheelchair, there are ways to support them while ensuring they receive the compassionate senior care they deserve.

Risk Factors For Mobility Concerns

Although aging is the primary risk factor for mobility challenges, other conditions may also increase your loved one's risk of experiencing problems, including:

- Low activity levels
- Obesity
- Loss of muscle tone and strength
- Balance impairment
- Depression
- Dementia
- A recent hospitalization or health event
- Chronic conditions, such as diabetes, arthritis, and neurological disorders

Fortunately, some of these issues may be treatable — through rehabilitation, medication, or mental health care. Talk to your loved one's physician if they have any risk factors.

Strategies For Coping With Mobility Challenges

One of the most significant challenges of managing mobility concerns is adjusting to a "new normal." Although it may take some time and creativity, an older adult can maintain their quality of life—even if how they get around has changed.

Support from you, other family members, and an in-home caregiver can help them stay positive throughout this adjustment period.

Here are a few strategies to help you and your loved one cope with mobility changes:

1. Ask For Help

If balancing your personal, family, work responsibilities, and caregiving duties become difficult, ask for help from family members, friends, and neighbors — or hire a Visiting Angels in-home personal care provider. When you can't be there for your loved one, in-home caregivers can provide companionship and assistance with personal care tasks, medication reminders, light housekeeping, errands, and more.

2. Empathize

It can be difficult for an older adult who has been independent all their life to rely on others for rides, groceries, and help with personal needs. If your loved one sometimes seems frustrated, try not to take it personally. Listen to their concerns and provide reassurance to help improve their emotional well-being.

3. Provide Opportunities to Socialize

Older adults with mobility concerns can easily become socially isolated, which can increase the risk of anxiety and depression. Be sure to provide your older adult with plenty of opportunities to socialize with others — and facilitate transportation, if possible. Attending religious services, visiting a senior center, going to lunch with a friend, or inviting a companion over for a visit are all good options to raise your loved one's spirits.

4. Enhance Home Safety

You can reduce your loved one's risk of falling by installing grab bars, raised toilet seats, shower/tub seats, and other equipment in the bathroom, removing clutter and rugs, improving lighting, and installing non-slip flooring and mats. In-home caregivers can identify hazards around the house and provide stand-by assistance.

Professional Caregivers Can Help

Mobility concerns are certainly life-changing, but with proper support and planning, they don't have to limit your loved one's quality of life.

If you notice problems with your aging loved one's mobility, consider hiring Visiting Angels to assist in their day-to-day care. Our local coordinators will meet with you and your loved one for a free home care consultation to discuss specific needs and requests.

Call 800.365.4189 to schedule your free home care consultation today.

Angels Cook Book



Rosemary Chicken, Apples & Potatoes

Cooking spray	1 pound Yukon Gold potatoes, cut into 1/4-inch slices
2 tablespoons butter	2 tablespoons olive oil
1 large onion, sliced	6 bone-in, skin on chicken thighs
Salt, plus more to taste	2 tablespoons chopped fresh rosemary
4 teaspoons white sugar	ground black pepper
5 medium apples - peeled, cored, and cut into 1/4-inch slices	

Instructions:

Preheat the oven to 400 degrees F (200 degrees C). Spray the top and bottom parts of a broiler pan with cooking spray.

Melt butter in a skillet over medium heat and add onion slices. Sprinkle onions with 1 teaspoon salt and saute for 2 minutes. Add sugar and continue cooking until onions are translucent but not browned, 6 to 8 minutes. Remove from heat.

Layer apples, potatoes, and sauteed onion slices in the bottom part of the broiler pan. Cover with the part top of the broiler pan.

Drizzle olive oil over chicken thighs. Sprinkle with fresh rosemary, salt, and pepper. Rub olive oil and spices thoroughly all over each thigh and place on the top part of the broiler pan.

Roast in the preheated oven until juices run clear and an instant-read thermometer inserted into the thickest part of the thigh, near the bone, reads 165 degrees F (74 degrees C), about 1 hour. Serve apples, potatoes, and onion alongside chicken thighs.

Nutritional Information

Serving Size: 6 servings • Calories: 404

www.allrecipes.com/recipe/276263/rosemary-roasted-chicken-with-apples-and-potatoes/



Maple Pecan Blondies

2 cups all purpose flour	1/2 cup pure maple syrup
1 teaspoon salt	2 large eggs
1 teaspoon baking powder	2 teaspoons vanilla extract
1/4 teaspoon baking soda	1 1/2 cups pecans, toasted and chopped, divided
2/3 cup unsalted butter	
1 1/4 cups packed brown sugar	

Instructions:

Gather ingredients. Preheat the oven to 350 degrees F (175 degrees C).

Line an 8x8-inch baking pan with parchment paper, extending the paper over the sides.

In a large bowl, whisk together flour, salt, baking powder, and baking soda; set aside.

In a medium saucepan, combine butter, brown sugar, and maple syrup. Cook and stir over medium heat until melted and smooth, about 6 minutes. Remove from the heat and let cool for 10 minutes.

Stir eggs and vanilla into the butter mixture. Then stir butter mixture into flour mixture.

Fold in 1 1/4 cups of the pecans.

Spread batter in prepared pan.

Sprinkle remaining 1/4 cup pecans over the top. Bake until set, 35 to 40 minutes. The internal temperature should read 200 degrees F (93 degrees C).

Cool for 10 minutes on a wire rack before lifting from pan with the parchment paper. Cool completely on a wire rack. Cut into bars for serving.

Nutritional Information

Serving Size: 16 servings • Calories: 284

www.allrecipes.com/maple-pecan-blondies-recipe-7775410

America's Choice In Home Care®

Since 1998, Visiting Angels has been providing adults and seniors with the needed assistance to continue living at home. At our nationally known, locally owned agency, it is our mission to maintain the independence and familiar surroundings for those in need.

We offer help with personal care, light housekeeping, meal preparation, transportation, shopping, companionship, respite care for families, live-in care and assistance with daily living activities. Call us today for a free, no obligation consultation! We care every day, in every way!

