

Connecticut Care Planning Council



April 2011 Newsletter

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Featured Board Member: **Henry C Weatherby**

CT Care Planning Council Advisory Board Members:



Weatherby & Associates, PC
Counselors at Law
Helping Families Preserve and Protect Assets and Values

Henry C Weatherby
Jeffrey S. Rivard
Denise F. Talbot



Don Kuerner



Greg Czapiga



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The [Connecticut Care Planning Council](#) (CTCPC) lists companies and individual providers on our website who help families deal with the crisis and burden of long term care.

One purpose of the CTCPC is to educate the public on the need for care planning *before* a crisis occurs. A second purpose is to provide, in one place, all of the available government and private services for eldercare.

Finally, our ultimate mission is to offer a trusted listing service that the public will recognize and turn to for expert help in dealing with the challenges of long term care.

Call us at 860-769-6938

or click [here](#) to send an e-mail

Michael Savenelli, Sr



Dan Fisher



Elaine Pavasaris



John Carmon



Event Calendar:

Health, Wealthy and Wise

4/19/2011
5:30 PM

Arden Courts of
Farmington
45 South Road
Farmington, CT 06032

Turning Crisis into



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The Most Dangerous Word in the English Language – “Yet”

“My wife knows her way around the neighborhood. She hasn’t gotten lost.

Yet.

“We *told* Dad not to drive. He hasn’t tried to take the keys.

Yet.

“My Mom doesn’t like the outdoors. She doesn’t wander.

Yet.

Alzheimer’s disease runs its cruel course by causing the afflicted to lose their way in once-familiar places; it eventually robs individuals of their capacity to recognize well-known faces.

At least 75 percent of care for persons with AD is provided at home. Caregiving for someone with AD can be rewarding, but it is also stressful, filled with many challenges. Wandering or “exit seeking” is one of the biggest challenges faced by caregivers. Statistics published by the Alzheimer’s Association state that six in 10 people with AD will wander at least once during the course of the disease.

What does it mean to “wander” or “exit seek”? It means that an individual will leave their environment by means of walking, public transportation, or driving. Leaving could be an aimless activity, but more often than not, it is purposeful.

Missing means lost.

Reasons for wandering could include restlessness due to boredom, lack of exercise, confusion about time, fear cause by delusions or hallucinations, a change in the physical

**Transition
(For Financial
Planners)**

5/5/2011
5:30 PM

417 Main Street
Niantic, CT 06357

Contact Us:
34 Jerome Avenue,
Suite 310
Bloomfield, CT 06002

(860)769-6938

Offers & Info:
[Veterans Aid &
Attendance Benefits](#)

environment or memories of past commitments. It's important to focus on prevention and to be realistic about your expectations for the individual.

The Alzheimer's Association has established the *MedicAlert® + Safe Return®* program. This is a nationwide identification, support, and registration program, providing assistance to those with AD who become lost locally or far away. One call immediately activates a community support network to help support the family and bring the individual home. Call the Alzheimer's Association 24/7 *Helpline* at 1.800.272.3900. Don't wait for an incident.

Remember, the most dangerous word in the English language is "**Yet.**"

Getting Help with Managing Pain Is Not a Sign of Weakness

Pain management is the process of bringing pain under control. Pain can be a problem with many people at the end of life. Persistent pain can cause a decline in health due to poor nutrition, depression, lack of social stimulation and lack of exercise. Persistent pain becomes a form of disability, interfering in the ability to perform common daily tasks.

A major problem with persistent or chronic pain is that allowed to go on without treatment, the pain can become harder to treat. Research indicates that, over time, stimulation from persistent pain produces neural pathways in the brain that increase the intensity of the pain. In addition, pain receptors in the skin that are normally inert, may start transmitting sympathetic pain signals making the patient even more miserable.

This can create a condition where a mere breeze or the wearing of clothing can be excruciating. Taking a pain pill occasionally as needed is not an effective treatment. Initially, it takes large doses of pain medication as prescribed and under a physician's care

to bring the situation under control. Once the pain is under control, it is easier to maintain with continued lower doses of medication.

Sometimes people refuse to take strong pain medicine on a regular basis fearing dependency. Often a choice must be made between disabling pain or dependency. At times the dependency is the lesser of two evils.

It is important to seek professional help with pain management and to establish an ongoing daily program to keep it under control. There are also numerous non-drug techniques being developed for controlling chronic pain. Some of these might involve mind control techniques, acupuncture, electrical nerve intervention, massage or a host of other holistic approaches. There are also therapists and psychologists that specialize in working with clients who have chronic pain.

It is not necessary to refuse pain management because of a desire to display courage in dealing with it. A person is not a complainer because he or she admits to having pain. It is important to remember that caregivers are also susceptible to the stress of pain in their loved ones. The constant worry to the caregiver from the ongoing suffering of a loved one will adversely affect the physical and emotional health of the caregiver.

If not for themselves, persons experiencing persistent pain should seek treatment out of consideration for others who are concerned about their welfare.

Wisdom from the Web

"You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair."

~Douglas MacArthur

