

THE GAIL GUIDE

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The Critically Missing Persons Project (CMP)

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The Greenbelt Police Department in partnership with the Greenbelt Assistance in Living Program and City Administration have developed a multilayered approach to address critically missing Greenbelt residents with Autism, Intellectual, Developmental Disabilities, Alzheimer's Disease and other forms of cognitive impairment. The ability to disseminate information in a clear and concise manner is imperative to bringing a person home safely. The Alzheimer's Association states that 6 out of 10 people with Alzheimer's/Dementia will wander in their lifetime. The goal of the CMP project is to provide residents with potential tools to prevent wandering as well as an efficient protocol to follow if a person elopes from their home. Therefore, we have compiled a proactive procedure to follow:

Register for the Greenbelt Alert System. This will allow you to receive text alerts, emails or calls notifying you if a Greenbelt resident is missing with details, a picture and specific information that would be useful in bringing that person home to their family and friends. Please visit the City of Greenbelt website to register at www.greenbeltmd.gov/alerts and click on Critically Missing Person Project. There is also a free mobile app for Iphone and Android - "Everbridge Mobile Member". If you are not an internet user but would like to be notified via your home phone, please contact the GAIL Program (240-542-2033) to register for the Greenbelt Alert System.

If you are the care partner for a person with a cognitive impairment, please enroll them in the CMP Program. Enrollment is free and consists of completing a registration form for the Greenbelt Police with basic information about the vulnerable resident and a photo. If the Greenbelt Police have this information on file in a usable format, officers can disseminate the missing person's information much faster to all sources.

To register please call Meryam Kahn to receive a form, complete it and return it to:

**Greenbelt Assistance in Living Program
Attention CMP Project: 25 Crescent Road, Greenbelt, MD 20770**

Wandering Preventive Measures

Signs of Wandering Behavior:

A person may be at risk for wandering if he or she:

- ◆ Comes back from a regular walk or drive later than usual
- ◆ Tries to fulfill former obligations, such as going to work
- ◆ Tries or wants to "go home," even when at home
- ◆ Is restless, paces or makes repetitive movements
- ◆ Has a hard time locating familiar places like the bathroom, bedroom or living room
- ◆ Acts as if doing a hobby or chore, but nothing gets done (such as moves around pots or dirt without actually planting anything)

Tips to Reduce Wandering:

- ◆ Wandering can happen, even if you are the most diligent of caregivers. Use the following strategies to help lower the chances:
- ◆ Carry out daily activities. Having a routine can provide structure. Learn about creating a daily plan.
- ◆ Identify the most likely times of day that wandering may occur. Plan activities at that time. Activities and exercise can reduce anxiety, agitation and restlessness.
- ◆ Reassure the person if he or she feels lost, abandoned or disoriented. If the person with dementia wants to leave to "go home" or "go to work," use communication focused on exploration and validation. Refrain from correcting the person. For example, "We are staying here tonight. We are safe and I'll be with you. We can go home in the morning after a good night's rest."
- ◆ Ensure all basic needs are met. Has the person gone to the bathroom? Is he or she thirsty or hungry?
- ◆ Avoid busy places that are confusing and can cause disorientation. This could be a shopping mall, grocery stores or other busy venues.
- ◆ Place locks out of the line of sight. Install either high or low on exterior doors, and consider placing slide bolts at the top or bottom.
- ◆ Use devices that signal when a door or window is opened. This can be as simple as a bell placed above a door or as sophisticated as an electronic home alarm.
- ◆ Provide supervision. Do not leave someone with dementia unsupervised in new or changed surroundings. Never lock a person in at home or leave him or her in a car alone.
- ◆ Keep car keys out of sight. If the person is no longer driving, remove access to car keys — a person with dementia may not just wander by foot. The person may forget that he or she can no longer drive. If the person is still able to drive, consider using a GPS device to help if they get lost.

"Wandering and Dementia | Caregiver Center." Alzheimer's Association, www.alz.org/care/

Free Produce Distribution Schedule

The Greenbelt Assistance in Living or GAIL program partners with the Capital Area Food Bank and the University of Maryland's Food Supplement Nutrition Education Initiative, *Market to Mealtime* to provide low-income local families with healthy produce. The goal of this initiative is to encourage families to cook meals with their children to ensure healthy eating. Families will have the opportunity to pick up free produce of all sorts to create healthy meals at home. The produce distribution is scheduled every **first Thursday** of each month at the Springhill Lake Elementary school from 2:30—3:30 pm. The next upcoming distribution at the Springhill Lake school will take place on Thursday, **May 3rd, 2018** from 2:30 pm—3:30pm. For more information, please contact Meryam Khan, the GAIL intern at (240) 542 -2033.

How to Overcome Senior Loneliness

Loneliness is contagious and can affect seniors or elderly more than others. Some may state that feeling lonely is a natural response to aging. However, many seniors may face issues that contribute to loneliness such as living alone, low mobility, transportation inaccessibility, living in rural areas, or lack of energy to participate in community opportunities. Often times, some elderly may separate themselves from society not wanting people around them, resulting in isolation. Thus, social isolation and loneliness can also lead to adverse health effects such as dementia, chronic depression, cognitive impairment, or lack of competencies. Fortunately there are many ways to overcome senior loneliness with just a few preventive methods or lifestyle changes:



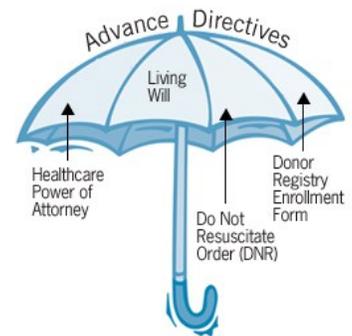
- **Promote a Sense of Purpose of Life:** Giving yourself and your life a sense of purpose can help with feeling lost or lonely. Knowing or realizing of who you are or what you want from the life that you have, can lead to a positive control over thoughts or actions in your life.
- **Live near Family or Friends:** Although it can be difficult, but living near or with family/friends can contribute to a sense of purpose for you. Staying close with family can lower symptoms of depression, as well as strengthen bonds and relationships within family members or friends.
- **Adopt a Pet:** Caring for someone or something is quite fulfilling. Adopting a cat, dog or any pet of your choice can give you a loving companion as well as lowering the risks of blood pressure, anxiety or depression. In addition, caring for a pet can be fun and rewarding at the same time.
- **Community Engagement:** Allowing yourself to be more engaging in community programs or initiatives defeats social isolation and loneliness. Participating in social opportunities gives priority to interaction with other seniors and community members.
- **Adapt a Healthy Lifestyle:** Ensuring a healthy diet and exercising regularly is the best method to enhance quality of health and optimize your life.

Loneliness, isolation and the health of older adults: do we need a new research agenda? JRSM.
<https://www.ncbi.nlm.nih.gov>

Last Call To Register for 5@55 Workshop & Senior Law Day

Do you know what 5 documents you need to have in place should an unexpected emergency arise? Attorneys who have practiced in the field of elder law and estate planning for many decades have seen many clients who failed to plan ahead. The results were frequently disastrous. Led by Jackie Byrd, Elder Law Attorney, this 5@55 workshop is a guide to help you learn about the five essential legal tools everyone should have by the age of 55: Will, Health Care Power of Attorney, Living Will, Advance Medical Directive, and Digital Diary. If you are over 55, it is not too late to take action! Please call 301-345-6660 to register. The 5@55 workshop will be held Thursday, April 12 from 1-3:00 pm in the Greenbelt Municipal Center—25 Crescent Road, Greenbelt, MD 20770—2nd floor City Council Chambers.

Following this workshop, you will have an opportunity to sign up for a free 1:1 consultation with a lawyer on Senior Law Day to complete your Advance Medical Directive free of charge. Attorneys will be on site on Tuesday, May 1, 2018 from 10:00 am – 2:00 pm and attendees will be given documents to review in advance to enable them to prepare specific questions for the attorney. To complete the documents participants must have the name, address and phone number of the people they will designate as their Health Care Power of Attorney and secondary designee. The Senior Law Day will be held at the same venue as the workshop. Please note it is not required to attend the 5@55 workshop to have your Advanced Directives and Living Will completed by an attorney but first priority registration will be given to those that attend the 5@55 presentation.



To register for the 5@55 workshop please call 240-542-2033. Registration opens for the general public on Monday, April 23, 2018 for Senior Law Day for those that did not attend the 5@55 workshop. Please call the same number to register for both programs.

Free Hands On Caregiver Skills Training

The GAIL Program in partnership with Dementia Friendly Prince George's County has partnered with United Medical Care to offer a free, hands-on, training program for family members that currently take care of elderly or disabled family members. The training will be led by a Registered Nurse, (RN), who will provide an informative and engaging presentation followed by interactive demonstrations. Each participant will have the opportunity to work along with the RN to apply what they have learned as they train on the following activities:

- Dressing/Undressing Assistance
- Bathing Assistance
- Transferring/Ambulation Assistance
- Vital Signs Monitoring

The training is scheduled for **Monday, May 21, 2018** in the Greenbelt Community Center, located at 15 Crescent Road, Greenbelt, MD 20770 - Multipurpose Room, 2nd Floor. Registration is limited to 20 residents per session. When registering, please specify which session you will attend.

- Session (1) 9:30-12:30 pm
- Session (2) 1:00-4:00 pm

Please call Meryam Kahn to register at 240-542-2033. Registration closes Tuesday, May 8th.