



Grandparents Corner

July 2012

Family Safety Training

With proper family safety training, you can prevent unnecessary trips to the doctor or emergency room, or even a life-threatening event. According to the National Safety Council, training should focus on three areas: preparing for an emergency situation, driving, and water safety.

- Become trained in First Aid and CPR with AED. At least one person in each household should have life-saving skills.
- Get “hands-on” experience with using a fire extinguisher and learn how to put out small fires in your home. Every adult in your household should be able to operate a fire extinguisher. Many local fire departments provide demonstrations and training at community events or in presentations to church groups, community organizations or homeowner associations.
- Join your local Community Emergency Response Team. This team offers education about disasters and hazards that may impact your community.
- Refresh your driving skills. Adults seldom receive any additional driver training after high school. A defensive driving course, either online or in a classroom, provides information on how to prevent collisions, recognize potential hazards, and drive defensively in unpredictable conditions.
- Help teens become safe drivers; learn about graduated driver licensing and what places teen drivers at greater risk for motor vehicle injury and death.
- Learn to swim. All adults and children should learn to swim. It is never too late for an adult to learn to swim or too early for children to begin developing water skills. Swimming lessons are offered locally by many park districts, YMCAs and other community locations.

Also take advantage of safety courses for outdoor activities that you and your family enjoy. Some states require mandatory training if you hunt, own or use firearms, or operate boats and recreational vehicles such as All Terrain Vehicles (ATVs) and snowmobiles. Safety courses are available from your State’s Department of Natural Resources.

Resource: National Safety Council

www.nsc.org

QUICK QUIZ

Caregiver Assistance Newsletter - July 2012

There are many family events that the person with dementia can participate in and enjoy; however, even ordinary occasions require extra planning so that the person with dementia can participate. Read the issue and answer True or False to the questions below.

1. A person with Alzheimer's disease (AD) may function at a much lower level in unfamiliar surroundings than at home. T F

2. People with dementia are very sensitive to the environment they live in. They are less able to handle changes and uncertainty. T F

3. A person with AD may become agitated in a strange place and an over-stimulating environment. T F

4. Some people with AD do inappropriate things like taking their clothes off in public. T F

5. Positive, happy events such as weddings will not upset a person with AD. T F

6. A person with Alzheimer's can receive special treatment at airport security. T F

7. At an event, it is important that there be a place where the person can rest or take a break from the activity. T F

8. What used to bother and upset the person before they had AD, will probably not bother them anymore. T F

9. It is not important to have a copy of the person's Living Will while traveling. T F

10. A person with AD may wander when visiting a new place. T F

KEY: 1. T 2. T 3. T 4. T 5. F 6. T 7. T 8. F 9. F 10. T