

Senior Care Solutions

A PUBLICATION FOR CLIENTS & FRIENDS OF HOME INSTEAD SENIOR CARE.

Home Instead
SENIOR CARE®

To us, it's personal™

5th Year Anniversary

This year marks the 5th anniversary since the opening of the first Home Instead Senior Care office in Toowong in March 2005. To celebrate this achievement, Home Instead is hosting a number of events throughout the year which started with a series of free classical music concerts at retirement villages in south east Queensland.

A string quartet from the Queensland Conservatorium of Music, featuring Home Instead CAREGiver Elizabeth Tibben, have been entertaining seniors with a program featuring classical, Irish and jazz music.

Home Instead Senior Care director Martin Warner said he hoped seniors enjoyed the concerts. "We would like to thank everyone for their support over the past five years," he said. "Without them, Home Instead Senior Care wouldn't be the success it is today and many seniors wouldn't be able to get the home care services they need to stay independent for longer.

"All our offices are abundant with compassionate and talented CAREGivers and we are lucky to have such a talented musician like Elizabeth amongst our staff. They are the heart of our business and it brings us great pleasure to present this series of classical music concerts to a wide group of seniors."

Get Mum Moving – Activities for the Mind, Body and Soul

It's easy to look on ageing with fear; there's plenty at stake. Mum worries about falling in her home—maybe breaking a hip—and losing her independence. Of course you worry, too. Both of you know that growing frailty and loss of independence can be the beginning of a downward spiral. In fact, new research conducted for the Home Instead Senior Care network confirmed that 90 percent of seniors put loss of independence at the top of their list of ageing worries. It's a valid concern, acknowledged by family carers and by professionals who work with older adults every day.

While staying physically active may be a challenge for seniors, getting Mum (and Dad) moving can help prevent and even reverse signs of frailty. This problem is what prompted Home Instead Senior Care to launch the Get Mum Moving campaign and activity cards to assist and encourage older people and their families to become more engaged in confronting the fears of growing frailty which affect our mind, body and soul.

Dr. Stephanie Studenski, who serves as director of clinical research for the University of Pittsburgh Institute on

Ageing, says, "Through activity, seniors build both physical and mental reserves that can help their bodies better tolerate problems that come with ageing."

Moreover, family members as well as professionals are playing a role in helping researchers define frailty. One study conducted in 2004 asked health care providers and family carers what they see when they think of frailty.

"I think the thing that was most striking to me was that many family members we talked with perceived that an older person is getting more or less frail based on social and psychological factors rather than physical factors," said Studenski.

"Part of it, for family members, was a sense of engagement that included spirit, mood and attitude. Those were factors that weighed on family members weighed more heavily than health care providers. What I determined from that study is that we must be very careful defining frailty only in physical terms."

For more details visit GetMumMoving.com.au



A Purposeful Life May Stave Off Alzheimer's

People who have a sense of purpose in life are less likely to develop Alzheimer's disease or even mild cognitive impairment, according to a new study from Rush University Medical Center.

"Alzheimer's disease is one of the most dreaded consequences of ageing, and finding risk factors that we can modify to prevent, or at least delay, the disease is a top public health priority," said Patricia Boyle, Ph.D., principal investigator and a researcher in the Rush Alzheimer's Disease Center. "Our findings may provide precisely this opportunity — a treatment target for interventions aimed at enhancing the health and well-being of older adults. With behavioural strategies, we can help older adults identify personally meaningful activities and engage in goal-directed behaviours, and possibly help them ward off the symptoms of Alzheimer's."

More than 900 community-dwelling older people who did not have dementia, all of them part of the Rush Memory and Aging Project, participated in the study. At baseline, a standard psychological assessment survey was used to gauge whether they had a sense of purpose in life, that is, whether they felt that life had meaning and that their behaviour was guided by goals and intentions.

After an average of four years and a maximum of seven years of annual follow-up clinical evaluations, 155 of 951 participants (16.3 percent) developed Alzheimer's disease. Controlling for other related variables, the researchers found that greater purpose in life was associated with a substantially reduced risk of developing Alzheimer's disease, as well as a reduced risk of mild cognitive impairment and a slower rate of cognitive decline.

These findings were published in the Source Archives of General Psychiatry March 2010



Rate of Ageing May Depend on How Old You Feel

The saying "You're only as old as you feel" seems to resonate with older adults, according to a Purdue University research study.

"How old you are matters, but beyond that, it's your interpretation that has far-reaching implications for the process of ageing," said Markus H. Schafer, a doctoral student in sociology and gerontology who led the study.

"So, if you feel old beyond your own chronological years, you are probably going to experience a lot of the downsides that we associate with ageing. But if you are older and maintain a sense of being younger, then that gives you an edge in maintaining a lot of the abilities you prize."

Researchers compared people's chronological age and their subjective age to determine which one has a greater influence on cognitive abilities during adulthood.

"We found that these people who felt young for their age were more likely to have greater confidence about their cognitive abilities a decade later," Schafer said. "Yes, chronological age was important, but the subjective age had a stronger effect."

Schafer also said that the current study's findings have both positive and negative implications.

"There is a tremendous emphasis on being youthful in our society and that can have a negative effect for people," Schafer said. "People want to feel younger, and so when they do inevitably age they can lose a lot of confidence in their cognitive abilities."

"But on the other hand, because there is such a desire in America to stay young, there may be benefits of trying to maintain a sense of youthfulness by keeping up with new trends and activities that feel invigorating. Learning new technologies is one way people can continue to improve their cognitive abilities. It will be interesting to see how, or if, these cultural norms shift as the Baby Boomer generation ages."

These findings were published in the January 2010 Journal of Gerontology: Social Sciences,

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