

# Sponsored Series in *Guideposts* Magazine



**CAREGIVERS**  
4<sup>th</sup> IN A SERIES

## Gentle On Her Mind

Alzheimer's had taken so much from Glen...and from me. Caring for him was the one thing I had left.

BY KIM CAMPBELL  
Nashville, Tennessee

**M**R. CAMPBELL, HOW ARE YOU feeling today?" the neurologist asked my husband, Glen. "Can you tell me where you are right now?" I'd taken Glen to Vanderbilt University Medical Center that morning in March 2013 for what I assumed would be a routine appointment. We'd moved to Nashville to be closer to family and friends, and I wanted to establish a relationship with a local doctor. Glen just stared at his feet. I wasn't surprised that he couldn't answer the doctor's questions. Or that it took an hour of coaxing before he would lie still for a CT scan. It had taken almost that long to get him in the car for the drive over. I was used to that behavior. I'd been his primary caregiver since he'd been diagnosed with Alzheimer's disease, in 2011. The neurologist took me aside and another member of his care team almost that long to get him in the car for the drive over. I was used to that behavior. I'd been his primary caregiver since he'd been diagnosed with Alzheimer's disease, in 2011. The neurologist took me aside and another member of his care team almost that long to get him in the car for the drive over. I was used to that behavior. I'd been his primary caregiver since he'd been diagnosed with Alzheimer's disease, in 2011.

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- ❖ Sponsorship of a series or feature
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- ❖ Example shown: Home Instead Senior Care sponsorship of Caregivers series in *Guideposts* including Home Instead-sourced expert advice for "edvertorial" page

**CAREGIVERS**

### Caring for a Loved One With Late-Stage Dementia

As Kim Campbell discovered with her husband, Glen, the later stages of dementia can be the hardest. Not only does your family member need extensive daily care, but a severe decline in communication skills and memory, along with personality changes, can make it feel as if you've lost the person you love.

Research shows that even in late-stage dementia, the essential part of the self remains. You can connect with loved ones by engaging their spirit and their senses. Home Instead Senior Care has developed a unique dementia training program for family caregivers in partnership with David Troxel, MPH, a memory-care expert. Troxel has these recommendations:

- **Play their favorite music.** People with late-stage dementia can feel the joy a beloved song brings. Lyrics and music come from a different part of the brain than speech, so they may still be able to sing a familiar tune (even if they're not country stars like Glen Campbell). Try music that goes back to their youth.
- **Take them out for fresh air and sunshine.** Being in nature is life-affirming. It provides sensory stimulation and helps people feel a part of the larger world around them.
- **Reassure them through touch.** Rubbing lotion into their skin, brushing their hair, giving a gentle massage or a simple hug can provide the human connection that language may no longer convey.
- **Have a friendly cat or dog visit.** Often seniors who are noncommunicative will light up in the presence of a pet (their own or someone else's). Petting or just being with a furry friend can ease anxiety and agitation in a person with dementia.
- **Nourish your loved one's faith.** "People with Alzheimer's are in the moment, not worrying about their to-do list," Troxel says. "That opens them up to more of a spiritual connection." Sing a hymn together. Read a favorite prayer or Bible passage. See if someone from their church or synagogue can observe rituals with your family member at home.
- **Get support.** You will need a break. Consider hiring a professional caregiver trained in dementia care. To find these services in your area, contact Home Instead Senior Care at (866) 996-1085 or [homeinstead.com/guideposts](http://homeinstead.com/guideposts). For a local Alzheimer's caregiver support group, search [alz.org](http://alz.org).

For more tips and resources for family caregivers, including free training workshops, visit [helpforalzheimersfamilies.com](http://helpforalzheimersfamilies.com).



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a sign your aging parent needs help

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# Digital Sponsorship on Guideposts.org



## Caregiving

Topics: Aging Parents | Caregiver Burnout | Sandwich Generation

Caregivers are a special breed of hero. Family caregivers put their loved ones' needs above their own every single day. But caregivers know all too well that caregiving can be exhausting without solid boundaries and self-care strategies. Be encouraged--with the right techniques in place, caregiver burnout can be a thing of the past.



Presented By



INSPIRATIONAL QUOTES

“  
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”

LES BROWN  
motivational speaker

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- ❖ Example shown: Home Instead Senior Care sponsorship of Caregiving hub on Guideposts.org



# Digital Sponsorship examples (cont'd.)

## Social Media Post

**G** Guideposts  
Published by Ansley Roan [?] · June 6 · Edited ·

Our readers loved Kim Campbell's story: "Great read. Love how you state 'Alzheimer's takes so many things from us, yet it cannot take these three: faith, hope and, the greatest of all, love.' So true!!"

Read the story: <http://bit.ly/kcampbell060715>



**Gentle on Her Mind**  
Alzheimer's had taken so much from Glen Campbell... and from his wife. Caring for him was the one thing she had left.

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### Your Weekly Inspiration

KEEP YOUR SENIOR AT HOME. **STAY HOME** Personal Care Hospice Support Memory Care Home Instead SENIOR CARE



**A Special Friendship Between Two Dogs**

In this excerpt from Edward Grinnan's new book, *Always By My Side*, a puppy from the country is mentored on the ways of the big city by an older dog who's been around the block.

by Edward Grinnan

After we brought Millie home, it was a few weeks before her vaccinations kicked in and we could walk her outside on the Manhattan streets. I was looking forward to it. Nothing attracts an adoring, cooing crowd in New York like a puppy, especially a golden retriever pup.

You think New Yorkers are tough? Just watch them make fools of themselves when a golden puppy comes trundling down the street. Kids squeal, doormen bow, cool cats whip off their shades and shout.

Except none of that happened with Millie because she declined to trundle down the street.

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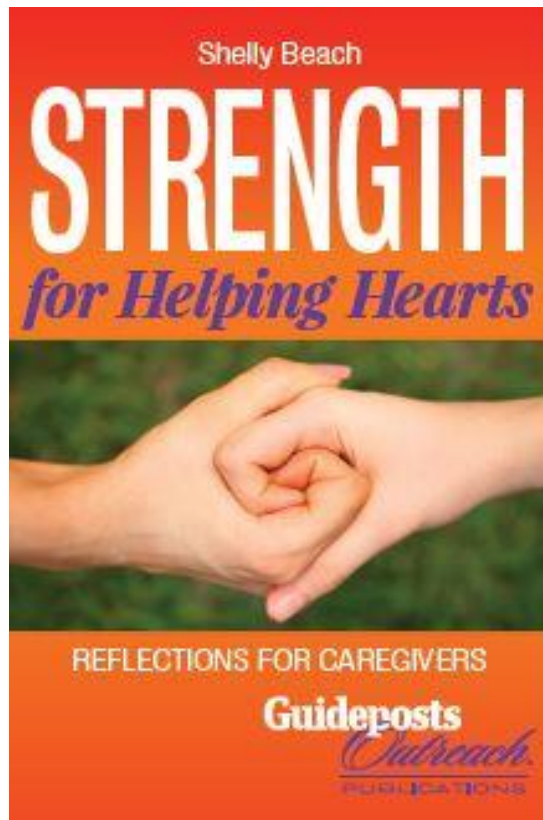
Being caregivers for an aging parent puts a strain on a marriage. It's natural to focus on the older loved one, but that often means the caregivers' personal lives get shortchanged. We asked the experts at [Home Instead Senior Care](#) for their tips on how a caregiving couple can keep their marriage strong. Here are their tips:



[Click Here to Learn More](#)

- **Double up.** Typically, one caregiver takes the elderly parent to the doctor, the store, the park. What if both of you go? Accompanying your spouse on errands isn't quite the same as a romantic dinner, but it does give you more time with each other. Those long waits at doctors' offices can be an opportunity for a good talk.
- **Schedule "we" time.** Pick a day and time, plan an activity and follow through. If you leave plans up in the air, it's easy for other things to get in the way. Make "we" time feel like an indulgence; do something you enjoyed before you became caregivers.
- **Spread the work around.** Is one of you taking a much more active role in caregiving than the other? Rebalance the workload. Do you both have full schedules? Ask relatives, friends and your faith community for help with things that don't

# Sponsored Booklet



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## Strength to Hold Up

*Trust in the Lord with all your heart,  
and lean not on your own understanding....*

PROVERBS 3:5

When my husband Dan and I brought his father to live in our home, I thought I was prepared. I was wrong. I had no idea how hard it would be to deal with Norman's physical illnesses, much less his mental health challenges.

Caregiving is often the most exhausting work we ever do. It taps our emotional, physical, financial, relational and spiritual energy. Many caregivers share living space with their loved ones; others manage the stress of long-distance care. Some face caregiving responsibilities alone, while others share responsibilities with siblings who may see decisions from a different perspective and offer more frustration than help. As caregivers, we hope to be strong, wise, compassionate, loving and "all things to all people." But sometimes we feel like we're falling apart.

The good news is that we don't have to be strong on our own. God knows we're human and fallible and provides needed strength as we lean on Him. Leaning means admitting our strength isn't enough and resting in God's resources. And what are those resources? Power from the Spirit of God. Encouragement from God's people.

If, as a caregiver, you feel your strength is gone, you're right. The good news is that God's got you covered—with every resource you'll need for today and beyond. He's holding you up right now. Just lean into His loving arms.

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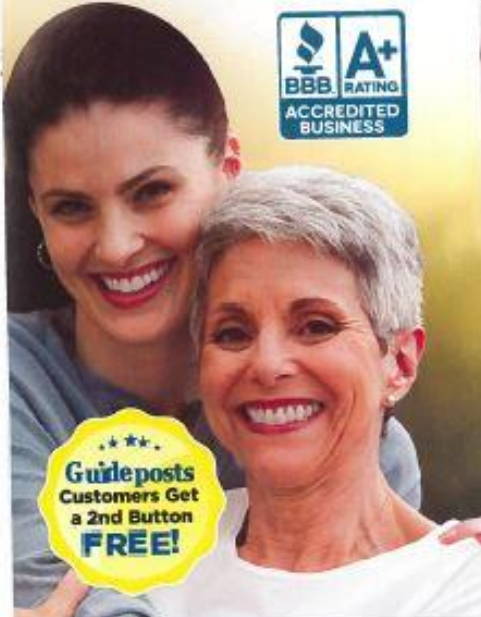
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