

# COMMUNICATION CONNECTION

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[www.connectionsincommunication.com](http://www.connectionsincommunication.com)

[www.memoryfitnessmatters.com](http://www.memoryfitnessmatters.com)

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## Tips To Help Your Elders Get Ready for Digital TV Switch

At midnight of February 17, 2009, U.S. television will stop broadcasting in analog and switch to 100% digital broadcasting. Those with a TV antenna will no longer get reception, unless they have a converter box.

It is more likely that older people are still using an antenna for their TV reception.

Full article with excellent details by Carol Bradley Bursack at [www.mindingoureldersblogs.com](http://www.mindingoureldersblogs.com) October 8, 2008

Carol Bursack was most concerned about elders getting scammed since they are more vulnerable to giving out private information over the phone or in a store.

Please help an older adult who may have trouble making the change. Although the information is well explained, many of us (not just older adults) could use some help with the process.

More information at

[www.dtv2009.gov](http://www.dtv2009.gov)

888-DTV-2009

## Making Time for Memories

Keeping in touch seems so much easier with all of the electronic gadgets that are available. Some older adults are more familiar with technology than others.

The fast-paced ways of the younger generations can be overwhelming to the older adult. They enjoy one on one conversations, are the generation that wrote letters, spent time on the front porch or sitting around a kitchen table.

Seeing a client at an assisted living one day, I noticed a son visiting his mom at lunch. What a wonderful opportunity to enjoy time with her and her friends. Did he realize that he spent most of his time on his cell phone conducting business?

Perhaps precious moments were lost. When I went to visit mom in her assisted living in another state, I tried to share many meals with her and her new friends, listening to and encouraging stories. Do you take time to be really present .. to linger? These memories mean even more now that she is no longer with us.

### PRODUCT TO ENHANCE COMMUNICATION AND CONNECTION

#### Conversation Starters Activity Kit

includes *Ideas for a Better Visit* with tips when visiting someone in a nursing home; *Share and Recall* and *So What Do You Think - Talk Talk-Talk.*

It includes more than 200 questions and topics.

#### Time Well Spent Wisdom Across the Ages

Two resources for story telling and intergenerational activities. Includes word games.

#### Reminiscence Puzzles, Reminiscence Calendar and Century in Review

provide an abundance of materials for senior programs at all levels.

Product Details      Sample Pages

Ordering Information at....

Geriatric Communication Consultant

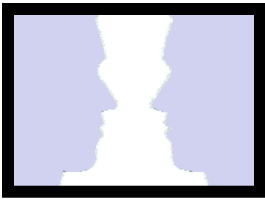
Memory Fitness Coach  
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## SWALLOWING PROBLEMS

### Informative training programs

- POST SURGERY
  - STROKE
  - PARKINSON'S AND OTHER DISEASES
  - ALZHEIMER'S DISEASE
- and many more causes

### Meal Time Matters

NURSING ASSISTANT TRAINING

AND

### Meal Time Matters at Home

PROFESSIONAL HOMECARE CAREGIVER TRAINING

## RESOURCES TO SUPPORT FAMILIES, FRIENDS, AND CAREGIVERS

### ACTIVITIES MATTER

When a loved one has memory loss how do you help them engage in mentally stimulating activities? Families and friends are delighted when a person who previously spent more time sleeping or watching TV begins to have some meaningful activities they enjoy. Participation often increases when activities are modified to meet them where they are in their interests and capabilities. Here are a few suggestions:

**Reading** - if lengthy books are not an option due to short term memory and /or attention and concentration problems, perhaps larger print materials or simpler reading materials that are of interest would be a better option.

**Cooking** - if cooking alone is not an option, make something simple together - measure, mix, taste test or help with the cleaning up.

**Golfing** - if someone is not able to play golf, consider watching a game or recording golf matches on TV. Find some books that feature famous golfers or golf courses to look through when visiting.

**Puzzles** - fill in some of the letters, give them hints, do them together.

**Movies** - consider old movies and television shows where the action is not as fast. Reminiscence could include listening to old radio shows.

**Games** - modify or play with a helping partner. When my Mom's spelling and math skills declined, we used cheat sheets with short words, the dictionary and changed the rules just so we could reduce the stress while playing Scrabble. If she spelled a word wrong, we just kept playing without calling attention to it. It was about meeting her where she was and spending time with her - enjoying what she wanted to do.

### NEED SOME GUIDANCE?

Looking for some assistance with activity enhancement, assessing safety needs, identifying the red flags, understanding strengths, developing communication strategies when hearing, memory, cognition and speech are concerns, and how to be proactive and approach those difficult conversations? Please refer to the [www.connectionsincommunication.com](http://www.connectionsincommunication.com) website for articles, interviews and podcasts as well as prior newsletters for informative resources that will help guide family, friends and caregivers on their journey with a loved one.

Details and ordering information at [www.connectionsincommunication.com/pages/Swallowing/htm](http://www.connectionsincommunication.com/pages/Swallowing/htm)



Results on File 877-620-6448  
[www.seniorsapprove.com](http://www.seniorsapprove.com)