

# COMMUNICATION CONNECTION

Enhancing the quality of life of the older adult and supporting their friends, families and caregivers.

**Kathryn Kilpatrick**

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

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

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## **MAXIMIZING LIFE AFTER STROKE**

In 1977 Betty entered my professional life and she became a positive influence in my career. Her spirit evolved my approach to helping patients and their families. A primary goal was how to best help them attain a quality of life despite their limitations.

I was privileged to be Betty's speech and language pathologist when she was first discharged home and then when she entered outpatient treatment.

In 1985 I chose her to be one of the inspirational interviews for a videotape series created for speech therapy practice.

Through the years I would check to see what was happening in her life. She never ceased to amaze and inspire me!

For her entire story visit  
Info & Media

(Inspirational story link)

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

Learn how one amazing woman, despite such challenges as personal losses, speech difficulties, and paralysis, managed to create a meaningful life full of hope.

## **INDEPENDENCE WITH SAFETY**

These words carry a great deal of significance to all of us. COMMUNICATION CONNECTION focuses on developing personalized programs for keeping that independence with strategies to help maintain a quality of life. The emphasis is to enhance communication and connection as well as safety based on needs and capabilities when there are problems with hearing, vision, speech, and cognition. Here are a few basic suggestions which should be further modified based on individual situations.

## **SAFETY TIPS**

- ~ Create a list of important contact numbers that are not only in the home but in the car. Include basic medical details as well. When a person has speech or memory issues, providing that information can be challenging. Stress can make it more difficult. Being proactive can make the difference in getting timely and appropriate intervention.
- ~ If there is an emergency, it may be difficult for a memory-impaired person to recall the 911 emergency number. Tape that number to every phone in the home. Make sure they can easily see the numbers, otherwise replace the phone with one that has larger buttons. In some cases a picture phone might be the best option.
- ~ When you are driving with a memory-impaired person who keeps asking the same question, it may be helpful to stick the answer to that question on a piece of paper you tape to the dashboard in front of them. EX: Where are we going? ON THE NOTE: Mary's house - birthday party. Just include the basic details, not too much information. Make sure the print size is large enough for the person to read.
- ~ When traveling with a memory-impaired person, make sure they have your picture and contact numbers with them.
- ~ When going for walks, make sure the person carries some identification as well as a list of emergency numbers.

**ARE THERE SAFETY CONCERNS? NEED SUGGESTIONS?  
ARE YOU LOOKING FOR APPROPRIATE  
COMMUNICATION STRATEGIES? ACTIVITY IDEAS AND  
MODIFICATION SUGGESTIONS?**

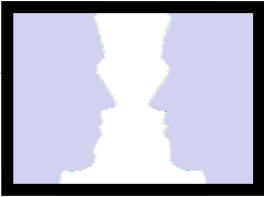
Visit the website at

[http://www.connectionsincommunication.com/  
pages/Needs\\_Assessment.htm](http://www.connectionsincommunication.com/pages/Needs_Assessment.htm)

for a series of questions that might indicate  
if a referral to Communication Connection  
might be beneficial.

Contact [kathy@connectionsincommunication.com](mailto:kathy@connectionsincommunication.com)





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*Seek out that particular mental attitude which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, "This is the real me," and when you have found that attitude, follow it. WILLIAM JAMES*

## WHAT'S NEW

### HEARING PROBLEMS

Do you know someone with a hearing loss? Would they benefit from suggestions on ways to improve their ability to understand what is being said? Want to learn how to best modify your speech to help them?

Visit **COMMUNICATION CONNECTION** website at **ONLINE COURSE** link for 2 programs and discount coupon information

**TIP:** Try to avoid lengthy conversations with a hearing impaired person in a noisy area. Walking together on the sidewalk of a busy street could present a listening challenge for them. Without being able to watch the speaker's face, they may have more difficulty.

### MEAL TIME MATTERS

Here is a training program \* that builds nursing assistants' skills related to dining, swallowing disorders, and safe feeding assistance.

Details at

**COMMUNICATION CONNECTION** website. (Products—Swallowing)

\*Normal swallowing, signs and symptoms of disordered swallowing, diets and liquid consistencies, assistive eating devices, safe meal time guidelines and more.



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

## SPEAKING OF WOMEN'S HEALTH

IT'S THE RIGHT TIME is their theme for this year.

BE STRONG ~ BE HEALTHY ~ BE IN CHARGE

Visit their website at <http://www.swh.net/> for an abundance of great information.

If you are unable to attend one of the programs across the country, you may want to subscribe to their newsletter and check out the many resources!!

Periodically check my website for updated information on topics of interest to women regarding ways to improve memory fitness by simplifying life, setting boundaries and better self care while caring for others. The program I presented in March at one of their conferences was From Brain Drain to Boosting Your Memory.

Contact [kathy@connectionsincommunication.com](mailto:kathy@connectionsincommunication.com) if you are interested in more information about the selection of programs created especially for women.

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### TIP - SCHEDULE OVERWHELMING?

Does it seem like you have enough things on your plate for 2 people to tackle in the course of one day? A starting place might be to think before responding when someone asks you to do something and you are *already* on overload. If you give the automatic YES then spend a lot of time trying to figure out how to get out of the obligation, consider these words if appropriate to the situation.

"That sounds like something I would like to help you with. My schedule is pretty full at the moment. Let me think about it and I will get back to you tomorrow."

Pay attention to the bigger picture and your priorities, then give your response.

### TIP - NEED A TIME OUT?

Look at your "to-do" list. How long do you think it will take for each task? Double the amount of time. You might then be able to reduce the stress created by hurrying and overload. Take the few extra minutes you may have as **TIME FOR YOU** and time to relax and enjoy the little gifts in each and every day!

## BRAIN GAMES

Research stresses the importance of not only staying mentally active but upgrading your ongoing memory fitness routine. Look for fun ways to engage your mind.

How many gallons of gas do you think your car will need when you fill it up?

What do you think the total of your purchases might be at the grocery store?

How many times do you think the phone will ring in the next hour?

Read this proverb. Each word is written backwards.

*GNINRAEL SI A ERUSAERT HCIHW SEINAPMOCCA STI RENWO EREHWYREVE.*

RESOURCE: Walking the Path to Memory Fitness One Week at a Time ( WEEK 47 MEMORY AEROBICS)

RECENT ARTICLE: <http://archives.seattletimes.nwsourc.com/web>

(Richard Seven Exercises for the Brain)