

A Caregiver's Healthier Lifestyle



Before: Alice and Paul celebrated their 50th wedding anniversary last June. Alice was diagnosed with Alzheimer's Disease two years ago, and Paul has lovingly cared for her in the comfort of their home. About one year ago, however, Paul was diagnosed with heart disease. Managing both of their health issues as well as keeping up the house takes up all of Paul's energy.

Once a socially active couple, Paul and Alice don't get out anymore. Alice has been growing increasingly depressed and has started to wander, so she can't be left alone for a minute. The stress and isolation is hard on Paul and he is growing increasingly depressed. It has been a while since he's been to his weekly bridge game and he wonders if this is how he will spend the rest of his life. Paul's doctors suggested that he look into Adult Day Care for Alice.

Clarendon R_x:

The Clarendon team made the following recommendations:

- Alice attends Clarendon's day center three days each week, giving Paul a well-needed break and a chance to engage with old friends
- Alice's schedule at Clarendon includes music therapy, art therapy, cooking classes and discussion groups which provide varied cognitive stimulation
- Paul consults with Clarendon professionals on how to make healthy lifestyle changes
- Clarendon team members helped match Paul and Alice with a local area resources that provided supportive services such as housekeeping, meal preparation and grocery shopping.

Outcome: Alice's spirits have definitely improved and she requires less medication to control her moods in the evening. After three months, she is beginning to interact with her new friends, and she is happy to go and "volunteer" at the Center three times each week. Most importantly, the incidents of wandering have been drastically reduced.

Paul's depression has completely lifted. He attends a weekly bridge game with his friends every Wednesday at noon—something he hasn't done in years. His health has also improved. He is working out three times each week, eating healthy meals, beginning to lose weight, and his prognosis has greatly improved.

