

especially for those with dementia. Confusion and an inability to problem solve can increase the risk of a fall as individuals with dementia lose their sense of what is safe or not safe to do in a particular environment.

◦**Hallucinations/ delusions:** Some types of dementia can cause individuals to have hallucinations or delusions. These types of experiences can erroneously heighten their sense of danger and cause them to behave rashly. The increased anxiety and false sense of reality can increase the risk of a fall.

◦**Lack of judgment/ inhibition:** The frontal lobe of the brain is the command center, filter, and brake pedal for our actions. It is the rational voice that says, you probably shouldn't say that or do that action. When dementia impacts this part of the brain, those filters and brake pedals deteriorate and no longer inhibit

individuals with the disease. This changed judgment and fading access to memory can greatly increase the risk of a fall as the individual may no longer be able to appropriately judge the limits of their environment and body.

If you are a caregiver providing or coordinating care for a loved one with dementia, we understand how complex and emotionally challenging the responsibility can be. Our well-being has many components. In fact, our lives are surrounded by a complex web of needs and desires. When a loved one is diagnosed with a type of dementia, it is common for a spouse or adult children to become the hub of care, managing several categories of needs. Professional Care Managers are pivotal in assisting families at the hub to simplify, coordinate, and proactively guide the care of a loved one.

Sound Options

To receive the *free* monthly S.A.L.T. Times Newsletter, call 397-2211 ext. 3380 or send an e-mail to: sheriffcommunityoutreach@clark.wa.gov. **For other formats:** Clark County ADA Office, **Voice** (360) 397-2000, **Relay** (800) 833-6384, **E-mail** ADA@clark.wa.gov 

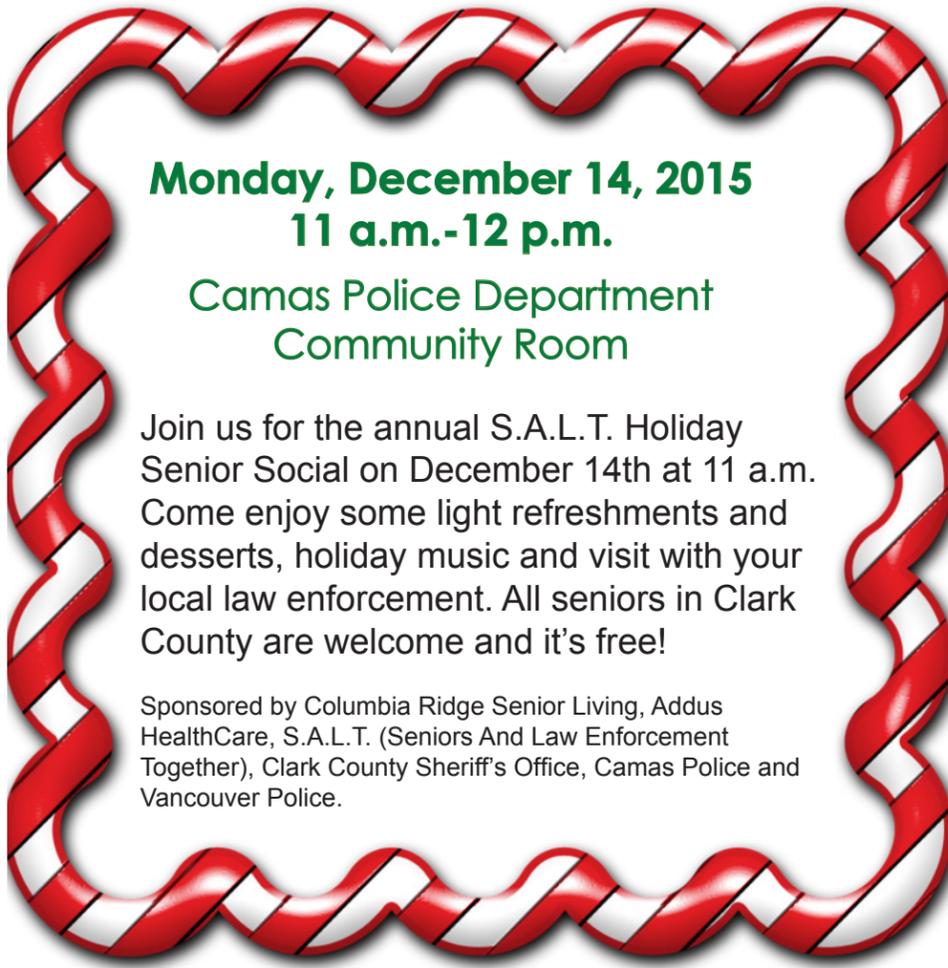


Seniors And Law Enforcement Together

S.A.L.T. TIMES

December 2015

S.A.L.T. Holiday Senior Social



Monday, December 14, 2015
11 a.m.-12 p.m.

Camas Police Department
Community Room

Join us for the annual S.A.L.T. Holiday Senior Social on December 14th at 11 a.m. Come enjoy some light refreshments and desserts, holiday music and visit with your local law enforcement. All seniors in Clark County are welcome and it's free!

Sponsored by Columbia Ridge Senior Living, Addus HealthCare, S.A.L.T. (Seniors And Law Enforcement Together), Clark County Sheriff's Office, Camas Police and Vancouver Police.

Directions to Camas Police

- WA-14 E/Lewis and Clark Hwy E via EXIT 27 toward Camas.
- Take the NW 6th Ave exit, EXIT 12, toward City Center. 0.3 mi
- Stay straight to go onto WA-14 Bus/NW 6th Ave. 1.1 mi
- Turn right onto NE Adams St/WA-14 Bus. 0.2 mi
- Take the 3rd left onto NE 3rd Ave/WA-14 Bus. 1.0 mi
- 2100 NE 3RD AVE is on the right.

Seniors and Law Enforcement Together
Clark County Sheriff's Office
P.O. Box 410
Vancouver, WA 98666



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Avoiding Lottery and Sweepstakes Scams



Some cons just never get old (for scammers, that is). Con artists are always impersonating Publisher's Clearing House, hoping that the lure of a sweepstakes win is too tempting to resist. BBB has learned of a new twist on this classic ploy, combining what's known as a "sweepstakes scam" with an "over-payment scam."

How the Scam Works:

You receive a letter in the mail informing you that you've won the Publisher's Clearing House (PCH) Sweepstakes. It says that PCH has even included a check to cover the taxes on your winnings. All you have to do is deposit the check in your account and wire or use a prepaid debit card to send the "taxes" to a third party. Then it claims Publishers Clearing House can release your winnings.

Sound too good to be true? That's because it is. This scam has nothing to do with Publishers Clearing House. If you deposit the check, and transfer the "tax" money, you will end up owing the bank. Even though the money seems to immediately appear in your account, it takes the bank a few days to completely clear the check. In cases where the check is fake, you are responsible for any money lost.

Lottery and sweepstakes scams are common. Here are tips to avoid them:

- **Don't pay up to claim your prize.** You should never have to pay money or buy products in order to receive a prize. Be especially wary of requests to wire money or use a prepaid debit card.
- **Be wary of email announcements.** Major sweepstakes organizations sometimes email about smaller prizes, but for big winners they usually show up at your house with a big check (and a camera crew).
- **You can't win a contest you didn't enter.** You need to buy a ticket or complete an application to participate in a contest or lottery. Be very careful if you've been selected as a winner for a contest you never entered.
- **Verify -- but not by using a source scammers give you.** Check if an offer is real, but don't call the phone number in the email or website you suspect may be a scam. If it is a con, chances are the person on the other line will be involved, too.

NOTE: Publisher's Clearing House is a BBB Accredited Business.

Dementia's Impact on Fall Risks

The National Council on Aging has many resources to help adults build a foundation for longevity and prevent falls. Currently, 1 in 3 adults 65+ falls each year. Fall risks are usually the product of a combination between physical condition and environment; however, individuals with dementia are actually 4-5 times more likely to experience falls than older people without the disease. There are many different types of brain disease that cause a wide range of physical and mental complications. Here are a few common ways that dementia increases the risk of a fall and what to watch for in a loved one with dementia:



◦**Disorientation:** A large part of our stability involves awareness of surroundings, judging distances, knowing where we are and what we can expect from our environment. When individuals with dementia become disoriented not only can they lose their ability to judge an environment properly, their increased anxiety puts them at greater risk.

◦**Changes in gait and mobility:** As the parts of the brain that coordinate our fine and gross motor skills are impacted by dementia, the way we walk and move changes dramatically. Some types of dementia such as Parkinson's can have a greater impact on ambulation and coordinating movement. These changes may occur slowly over time and often a fall will alert family to the extent of the changes.

◦**Changes in vision, hearing, and balance:** Our senses naturally decline with age; however for those with a dementia, the parts of the brain that coordinate our hearing, vision, and balance can

be greatly impacted very quickly. Any one of these senses contributes to our stability as we make our way through our homes and communities.

◦**No memory of present condition/ mobility limits:** One of the greatest risks associated with the mid to end stages of dementia is there is no memory of their present condition. Muscle weakness from the disease and reduced mobility can be easily forgotten by the individual. They may try to do activities that are outside of their physical capacity putting them at high risk for falls or other injuries.

◦**Difficult behaviors such as wandering and agitation:** The different types of dementia are often associated with a range of difficult behaviors. These may include yelling, unfiltered speech, repeating questions, refusal of care, etc. Wandering is quite common in those with dementia as well as a desire to return home for those in a memory care facility. This behavior uniquely impacts the risk of a fall as individuals can be so focused on getting where they are going that they are not able to take precautions in moving safely. Increased agitation can compound this situation as well.

◦**Dehydration:** As we age, we naturally feel less thirsty. This can put seniors at risk for dehydration and range of other complications such as urinary tract infections. For those with dementia who are not able to remember their needs, this is particularly an issue. Dizziness or lightheadedness and headache from dehydration can greatly increase the risk of a fall in addition to these other complications.

◦**Difficulty problem solving and adapting to new environments:** Many times families will rely on professional facilities to provide nursing and day-to-day care for a loved one with dementia, especially during the mid to end stages of the disease. Adapting to these new environments would be difficult for anyone, but

Clark County Sheriff's Office Book Drive



Do you have soft cover books that you no longer need and are taking over your bookshelves? We have a solution! The Clark County Sheriff's Office is asking for donations of used or new books for the jail's inmate library.

- Soft cover books only.
- NO publications that contain nudity, obscene or sexually explicit material or are considered adult entertainment.
- NO hardbound books, magazines or newspapers.

You can bring them with you to the Senior Social on Dec. 14 (see front page) or drop them off at any of these locations:

Sheriff's Office Headquarters Reception desk- 707 W. 13th St. Vancouver 98660
West Precinct- 505 NW 179th St. Ridgfield 98642

*Central Precinct- 11608 NE 149th St. Brush Prairie 98606. Central Precinct is closed so you must call 397-6195 (option 2) in advance.