

Assistive Technology Can Make Life Easier For Seniors

By Chrissy Shirey
Community Resource Director

I visited the DATI (Delaware Assistive Technology Initiative) Resource Center this month and I would like to invite you to visit as well. This center is located in the old Milford hospital near the old main entrance where the old gift shop was: (21 W. Clarke Ave., Milford, Delaware for those who don't do Sussex County directions.) The DATI Resource Center has all kinds of equipment to help Delawareans be more independent, and they have specialists to help you find the best equipment for whatever task you would like to be able to do. It is set up as a lending library, so you can take your device home to try it to make sure it is exactly what you need. Most of the items cost under \$100, but they have aid to assist with the purchase if you should need it.

On display is equipment to help make the telephone and TV accessible, magnifying devices that actually work, as well as many other devices for hearing and vision loss. The specialist demonstrated a fork that stays stable even when the hand has tremors. I was excited

over the devices that help you remember when to take your medications, some are even covered by Medicare.

I was most impressed with all the items available for caregivers, especially those caring for loved ones with memory loss or have loved ones not living with them. There is a range of monitoring devices and alarms that will alert caregivers of movements or if the person has not followed their normal routine. These items can really help ease some of the worry that comes with caregiving.

I also want to mention the Assistive Technology Exchange. This is like a free "want ads" section of devices people no longer need. This is a great way to find a deal on equipment you can use or an easy way to find a home with equipment you no longer need.

Delawareans can contact DATI through its website: www.dati.org, email: dati-ud@udel.edu, or phone: 800-870-3284. DATI is operated by the University of Delaware's Center for Disabilities Studies with primary funding from the U.S. Department of Health and Human Services.

Loneliness Anytime Is Dangerous For Seniors

By Debbie Joseph
PASA Director

Winter can make an older adult that already feels lonely, feel worse. But it can attack at anytime

What are common causes of loneliness in the elderly?

Older adults are at increased risk for loneliness and social isolation because they are more

likely to face factors such as living alone, the loss of family or friends, chronic illness, financial difficulties and hearing loss. Loneliness is the feeling of being alone, regardless of the amount of social contact.

Reach out to loved ones, neighbors and friends who are elderly and are at risk of being lonely by calling or visiting.

For information about Personal Assistance Services, contact Debbie at 302-515-3042 or email djoseph@cheerde.com



Exercise Reduces Cognitive Decline

By Cindy Mitchell
ADC Program Director

Every afternoon you can find the members of the CHEER Adult Day Program exercising. They will be doing everything from dancing to their favorite music to playing with a beach ball or balloon. Often they follow along with 60 minutes of Exercise for Seniors, UTube video, on the television screen.

According to Dementia Australia's article, *Physical Exercise and Dementia*, "physical exercise is essential for main-

taining good blood flow to the brain and may encourage new brain cell growth and survival." Physical exercise is an important part of a healthy lifestyle, contributing to general fitness, muscle control and coordination, and to a sense of wellbeing.

Several prospective studies (where large groups of people are followed up on over time) have found that higher levels of exercise are associated with less cognitive decline in older people. Other studies have found that people who exercise experience a slower loss of brain tissue as they age.

At the CHEER Adult Day Program we strive to have everyone be successful. When some of our members are cognitively challenged and cannot participate in some of our brain fitness activities, they will get excited when a ball is thrown to them or copy their neighbor with general exercises.

Call Cindy Mitchell at 302-212-4482 to learn more about the CHEER Adult Day Program.

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CHEER COMMUNITY CENTER, 20520 Sand Hill Rd., Georgetown, DE

Call Cindy at 302-854-2882 or email cmitchell@cheerde.com



