

# Adult Day Self-Care Newsletter

March 2022

## Sleep is Critical for Everyone

Adult Day Centers touch many lives—people with dementia and other disabilities, their families, program staff, and administrators. It is likely that everyone has been touched by sleep disruptions over the past two years, and not only because of pandemic-related stress. Some staff may work more than one job or may be dealing with children, aging family members, or even pets who disrupt their sleep. [People with dementia](#) experience many sleep challenges such as restless legs, sundowning, nighttime awakening, and wandering. These, in turn, make it hard for their family members or other caregivers to get a good night's sleep. Caregivers and center staff may be aging—another factor related to poor sleep. In fact, estimates are that about [half of adults over age 60](#) report difficulty sleeping. The consequences can be serious—increased risk of accidents (especially from drowsy driving), more likely to get a cold, weight gain (and all the associated health problems), physical pain, and problems with memory and learning. And, in March, we lose an hour's sleep when we set back our clocks!

## Improving Your Sleep

The top tip for getting a good night's sleep is to keep a consistent schedule. Go to bed and get up at the same time every day (yes, even on weekends).

Preparing for sleep is important. A relaxing bedtime routine will help. Avoid screens (phone, tablet, TV) for at least a half-hour before bedtime. These give off light that tricks your brain into staying awake. Low light as you prepare for bed and sleeping in a dark space will help you sleep.

You probably know that caffeine can keep you awake. Alcohol use in the evening can disrupt your sleep. So can eating late or a large dinner.

Exercise will help you sleep, but do your energetic workout earlier in the day. Yoga and stretching in the evening can help you relax.

A nap is refreshing, but keep it short ( $\leq 20$  mins).

**Resources:** The National Institute on Aging offers a nice [infographic on improving your sleep](#), along with many other useful and free materials. See page 2 to register for our upcoming webinar on sleep!



## Sleep and Dementia Risk

In addition to the immediate effects of poor sleep, there can be long-term effects. Recent research makes it very clear that people in their 50s and 60s who sleep six hours a night or less are more likely to develop dementia later in life. If you, or someone you know, has trouble sleeping, learn more, adjust your habits, and talk to your healthcare provider.

## New Adult Day Resources

As announced in our December newsletter, we have developed [a new section of our website](#) specifically for Adult Day Centers.

**Newsletters:** You are now able to access all past issues of our *Adult Day Newsletter*, so you can access our past topical articles and resource lists.

**Training resources:** We are creating a series of videos to supplement our *Foundations of Dementia Enabled Care*<sup>1</sup> manual, designed for Adult Day Center staff. The seven videos cover the manual content and give an overview of the basic skills and knowledge needed to create and maintain an Adult Day Center that is responsive to and supportive of people with dementia. These resources can be used for self-study and/or as part of a group training for Adult Day staff.

**Print resources:** We continue to develop and post resources to download, print, and share. Some of these are designed to support family caregivers. Others are specifically for use in Adult Day Centers.

**Resource links:** There is a universe of resources out there, but finding them can be a challenge. When we find a website, video, or other resource that we think is especially relevant to Adult Day Centers, we will add that to the Adult Day section of the website.

Please pay a visit to our new web pages! We'd love to hear from you. If you find something useful, let us know. If you are looking for something you don't see, let us know that, too.

As we add resources, we'll include updates in future issues of the newsletter.

<sup>1</sup> The *Foundations of Dementia Enabled Care* manual was developed by the COPSA Institute for Alzheimer's Disease of Rutgers University, along with the New Jersey Department of Human Services, Division on Aging.

## More Resources

Adult Day Center staff may benefit from some resources designed for people with memory loss and their families:

**[Living with Dementia video series:](#)** This set of free videos covers topics such as dementia, ideas for activities, and challenging behaviors. They range in length from 5 to 15 minutes each.

**[UCLA Alzheimer's & Dementia Care:](#)** This website offers free videos in English, Spanish, and other languages. The videos include examples of difficult situation and ways to handle them. Designed for a variety of audiences, there also is a downloadable worksheet to record ideas for what a person can do to minimize or eliminate triggers to problematic behaviors. These could work well as supplemental material for staff training.

As always, you can access the Self-Care resources on our website for free.

**Self-Care for Professional Caregivers**  
[www.care2caregivers.com/self-care](http://www.care2caregivers.com/self-care)

### Upcoming Caregiver Education 2022

#### Rest for Caregivers: Tools for Supporting Good Sleep

March 17, 2022 1:00pm

Click [HERE](#) to register for March 17

#### Caregiving and Decision Making

April 15, 2022 1:00pm

Click [HERE](#) to register for April 15

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visit our website [www.care2caregivers.com](http://www.care2caregivers.com) for information on caregiver support groups