

*To love a person is  
to learn the song in  
their heart and sing  
it to them when they  
have forgotten.*

**-Arne Garborg**

A SPECIAL  
KIND OF CARE

Hudson Valley  
Hospice

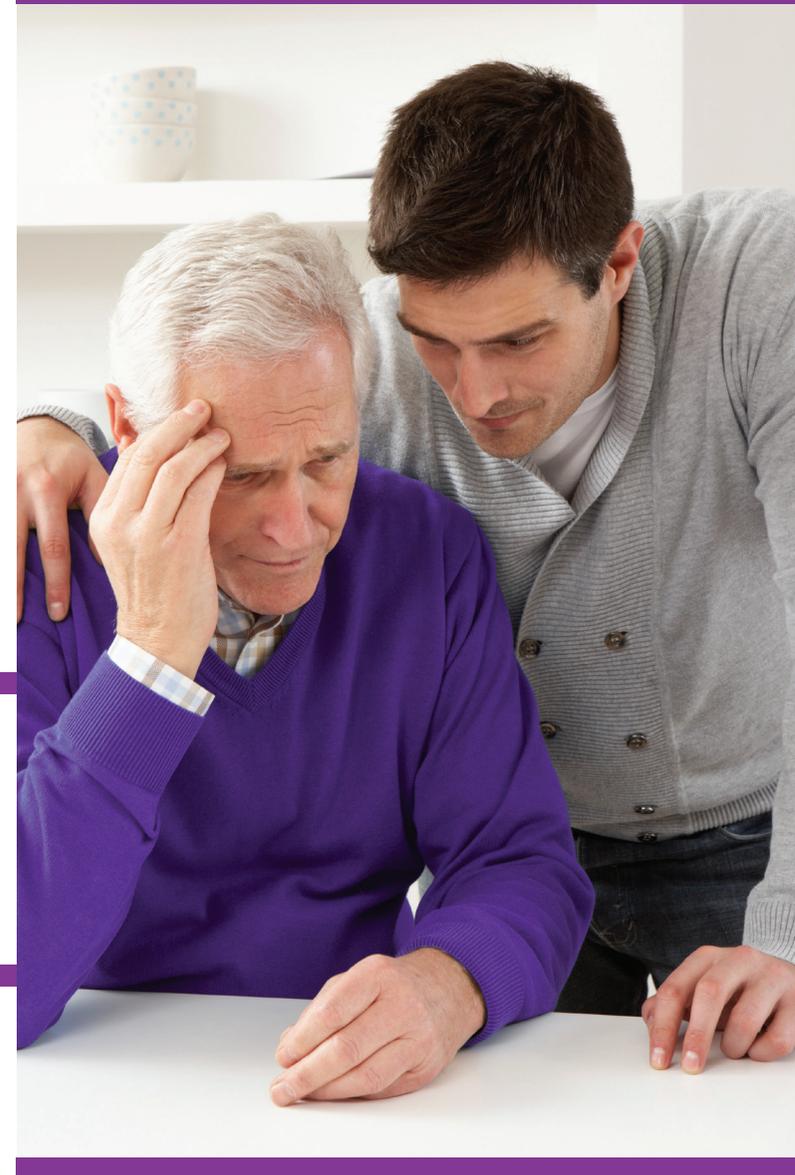
845.485.2273  
[hvhospice.org](http://hvhospice.org)

To make a referral, call 845.240.7555

DUTCHESS OFFICE  
374 Violet Avenue, Poughkeepsie, NY 12601

ULSTER OFFICE  
400 Aaron Court, Kingston, NY 12401

DEMENTIA CARE



Hudson Valley  
Hospice



## CARING FOR LOVED ONES

Caregivers often experience special challenges surrounding end-of-life dementia care because the progression of the disease is so unpredictable.

With dementia, a person's body may continue to be physically healthy, however, the disease causes the gradual loss of thinking, remembering and reasoning abilities, meaning that eventually the person affected will no longer be able to make or communicate choices about their healthcare.

Caring for someone with dementia can be extremely stressful and demanding. It is important to realize that feelings of depression, anxiety and fatigue are completely normal.

Hudson Valley Hospice's experts provide support to a patient's caregivers near the end of life, as well as help them understand the difficult healthcare decisions they may need to make for their loved ones.

## MAKING MEDICAL DECISIONS

When making healthcare decisions for someone with dementia, it is important to consider the person's quality of life.

Some medications may be available to alleviate symptoms or help control behavior, but caregivers may not want drugs prescribed if the side effects outweigh the benefits. Here are some questions you can ask the hospice team to help determine the best course of action:

### Important Questions To Ask:

- How will your suggested approaches affect my loved ones' quality of life?
- How can I best decide when a visit is necessary?
- What specialized services will my loved one and I have access to?

Our plan of care is tailored to each individual and is carefully designed to provide the best quality of life possible for both patient and caregiver.

## PROVIDING COMFORT

As dementia progresses, it can be difficult to provide emotional or spiritual comfort to a person with severe memory loss.

Even in the late stages of dementia, a person may benefit from things like being touched or massaged, listening to music, doing brain exercises or looking through old photos.

Our team is here to support our patients and their loved ones and help them find ways to connect and make the most of their time together.

If you think Hudson Valley Hospice can help you, a family member or friend, please call us at **845.240.7555**. *We are here to help!*

