



# Continuing Education

The Iowa Fraud Fighters will hold two free forums this spring in Cedar Rapids, and Davenport. The forums educate the public on how to combat financial scams against older Iowans. If you attend, this will count toward your continuing education. View the dates here: <http://www.iowafraudfighters.gov/>. The Davenport forum is now open for registration!

## Virtual Dementia Tour Offers Glimpse into Life with Memory Loss

Senior Star at Elmore Place, a senior living center in Davenport, is now offering the Virtual Dementia Tour. The experience challenges caregivers and family members of people with dementia to perform everyday tasks while their senses are impaired.

“When you walk in somebody’s shoes, you sometimes begin to better understand what they’re experiencing,” said Marc Strohschein, executive director at Senior Star.

Participants are first suited up with gloves and shoe inserts to mimic neuropathy or nerve damage. Goggles blur your vision, and headphones pipe a constant chatter of noise into your ears. Participants are then led into an apartment where they have eight minutes to complete five, seemingly-simple tasks like setting the table, folding towels, filling a cup with water, writing a letter, and finding a sweater. Observers watch their attempts and note behaviors often seen in dementia patients, like frustration, confusion, wandering and hoarding. Family members of those with dementia called the tour an “eye-opening experience.”

“My mom had passed away a couple years ago with dementia, and I wish I would have gone through it before because I would have much better understood some of the experiences she was having,” said Strohschein.

Memory care director Amanda Buchholz said the experience was nothing like she expected. She says it’s helped her better understand residents, and the tour taught her to give short commands, do things more slowly, and offer more help.

“I kept asking for help, and they wouldn’t give me any help. I was just so frustrated, and I actually gave up. I sat there, and I cried,” said Buchholz. “It was very heart-touching to finally, actually get to see what they go through on a daily basis.”

Here’s the link to watch the video: <http://wqad.com/2014/04/16/virtual-dementia-tour-offers-glimpse-into-life-with-memory-loss/>



## LTCO Facts!

Between September and March, our volunteers have collectively contributed 351 hours of service during 220 facility visits. A volunteer hour in Iowa is estimated to be worth \$20.93 according to the Independent Sector—that means your volunteerism in just six months equals a dollar value of \$7,346.43. There are currently 50 volunteers serving in 22 counties across Iowa. Forty-two additional volunteers have now been trained and will be placed in the coming months.

## Helpful Resources

Has a resident brought a concern to you relating to legal needs or health insurance needs? Keep these toll free numbers handy...

- The Hotline for Older Iowans (Iowa Legal Aid): 1-800-992-8161
- SHIIP – Senior Health Insurance Information Program: 1-800-351-4664

## Monthly Reports

*Here’s your friendly reminder that monthly reports should be dropped in the mail April 30th, or as soon as possible if you have not already done so. For those that just got started this week, you do not need to send in a report unless you were able to visit after your orientation.*

*Also, please remember to use the updated report form!*

*Thank You  
for serving  
Iowa’s  
Long-Term  
Care  
Residents!*

