



Loving Health Care Inc.

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[www.LovingHealthCareInc.com](http://www.LovingHealthCareInc.com)

## Preface

Life is going along smoothly with plenty of activities, laughs and joy. Then suddenly your loved one is struck with a terminal disease labelled “dementia” that will change your life and the lives of your whole family.

When loss of mental functions, such as thinking, memory and reasoning, are severe enough to interfere with a person’s independent daily functioning, they are called dementia. Dementia is not a disease itself, but rather an umbrella of symptoms that might accompany certain diseases or conditions that affect daily functioning. Symptoms might also include changes in personality, mood and behavior.

Included in the category of dementia are the following diseases: Alzheimer’s, frontal temporal lobar degeneration, dementia with Lewy bodies, Parkinson’s and Huntington’s diseases. It could be vascular disorders caused by multiple strokes in the brain or infections that affect the central nervous system, such as HIV dementia or Creutzfeldt-Jakob disease. In today’s world heavy drug use or even untreated depression can cause dementia. A fall could cause an accumulation of fluid within the brain, which if untreated may exacerbate or even cause dementia.

Although dementia has always been in existence, it has become even more common in the elderly. Why? People are simply living longer and thus more likely to develop one form or another of dementia in their older age.

When and if your loved one is affected, you are most likely to become the family caregiver. What do you do to offer this person the best quality of life during each and every stage of his or her disease? This brings us to our purpose.

The purpose of this resource guide is to help you find answers---for quality of life for you and your loved one, for your own health, and for your success in being the family caregiver. I wish you the best on your quest.



# Dementia Resources and Useful Information

## Internet Resource “Addresses” For All Types of Dementia

### [www.alz.org](http://www.alz.org)

This is the main web page for the National Alzheimer’s Association. Information on the disease, caregiving, research and the Alzheimer’s Association is available. Look for the interactive brain tour.

### [www.alzheimers.org](http://www.alzheimers.org)

This is the website for ADEAR (the Alzheimer’s Disease and Referral Center), part of the National Institute on Aging. It contains links to information, referrals, research, publications and Alzheimer’s centers.

### [www.caregiver.org](http://www.caregiver.org)

This website for the Family Caregiver Alliance has information for caregivers of individuals with a variety of diseases and disorders. It focuses on resources for the caregiver.

### [www.caregiver.org/health-issues/dementia](http://www.caregiver.org/health-issues/dementia)

Another good website for information

### [www.alzinfo.org](http://www.alzinfo.org)

Another site with useful Alzheimer’s information.

### [www.bathinewithoutabattle.unc.edu](http://www.bathinewithoutabattle.unc.edu) and [www.springerpub.com](http://www.springerpub.com)

Both websites give helpful hints on personal care for persons with dementia.

### [www.sph.sc.edu/osa](http://www.sph.sc.edu/osa)

First click on programs, then click on Dementia Dialogues and then click on What You Need to Know about Me (bottom of page). This will allow you to print out a “Notebook for Families and Caregivers”. Free.

### [www.scupstateadrc.org/HOME.aspx](http://www.scupstateadrc.org/HOME.aspx)

This website is South Carolina Upstate Ageing and Disability Resource Center. Contact Barbara Jardno, Family Caregiver Advocate.

These sites also have “links” to other sites that offer information and help.

## Useful Facts About Caring for a Loved One with Dementia

- **Alzheimer’s Association – SC Chapter** [www.alz.org/sc/](http://www.alz.org/sc/)  
24-hour helpline: 800-272-3900     Anderson Office: (800) 272-3900  
*Information about Alzheimer’s disease and other dementias, support groups, nursing homes or assisted living facilities, the National Registry Safe Return program for wanderers and much more. Call the Anderson office for respite funds to attend support groups and educational programs on dementia care and care giving.*
- **Appalachian Council of Governments, Greenville, SC** [www.scacog.org](http://www.scacog.org)  
(864) 242-9733  
*Call for Alzheimer’s respite vouchers on a yearly basis from \$500.00 to \$1000.00.*
- **Lt. Governor’s Office on Aging, Columbia, SC** [www.scaccesshelp.org](http://www.scaccesshelp.org)  
(803) 734-9900

Call for:

✓ **Your local Council on Aging** (home delivered and senior center meals and activities, transportation, home-maker services, and other information).

✓ **Family Caregiver Support Programs** (assessment of care giving needs, advice, support groups and respite funding)

✓ **Area Agency on Aging/Disability Resource Center** (aging and other resource information & referrals, and health insurance information)

✓ **Community Long Term Care Office** (a printed directory of Aging Resources, state and nationwide)

- **The South Carolina Respite Coalition** [www.screstitecoalition.org](http://www.screstitecoalition.org)  
(803) 545-4370  
*Information on respite for all family caregivers of all ages and how to become an advocate for respite. They also sometimes have funding for respite care.*
- **SC Department of Health and Environmental Control (DHEC)** [www.scdhec.gov](http://www.scdhec.gov)  
(803) 545-4370

*Call to learn of citations (investigated complaints that were found true) of nursing homes and assisted living facilities. DHEC will explain how to write a letter under the “freedom of information act” requesting the information. They can also send a “do not resuscitate” form (EMS DNR form) to your doctor. Anyone who does not want to be resuscitated (have his/her heart started or breathing tube put in) in an ambulance must use this. Advance Directive forms (living wills) are not enough.*

- **Family Caregiver Alliance (FCA)**      [www.caregiver.org/fca-publication-order-form](http://www.caregiver.org/fca-publication-order-form)  
(800)677-1116

*FCA Fact Sheets are available free online. Topics include caregiver issues and strategies, legal issues, health conditions.*

- **American Association of Retired Persons (AARP)**      [www.aarp.org](http://www.aarp.org)  
(800)424-3410

*Call for brochures on changes to your house for someone with a disability. You do not have to be a member. Give the name and stock number:*

- ✓ *Home Fit Guide*      #D-18959
- ✓ *Making your home a lifetime home through design*      #D-19058
- ✓ *Universal design: creating a comfortable, safe & ease to use home for lifelong living*      #D-19072

- **SC Vocational Rehabilitation Office**      [www.scvrd.net](http://www.scvrd.net)  
(800)832-7526

*Call for information about building a safe wheelchair ramp for your home. The rule is 1 foot of ramp for every 1 inch of rise*



## Now seeing patients in Seneca!

**If your loved one is experiencing any of the following, consider a memory health assessment:**

- Forgetfulness that disrupts daily life
- Challenges or changes in ability to perform daily tasks
- Getting lost when driving in familiar places
- Difficulty finding words or repeating statements
- Confusion with time or place
- Exhibiting poor judgment
- Difficulty planning or problem solving
- Misplacing items or finding something in an unusual place
- Changes in mood, behavior or personality
- Withdrawal from usual activities

**Services of GHS Memory Health Program:**

- Medical management of dementia
- Communication with patient's primary care doctor
- Licensed social worker services and other professionals for support, coaching, education and referrals
- Educational and supportive events taught by experts in memory health and geriatrics

Have your primary care doctor refer your loved one with dementia to **GHS Memory Health Program at (864) 454-8120**. The initial appointment to determine a diagnosis of dementia takes place at our Greenville office. Followup will occur at our Oconee office. Patients in Oconee County are seen at the Oconee Geriatric and Palliative Medicine Office (**220 Tucker Lane, Seneca**) on **Wednesdays**. You can find out more at [ghs.org/memoryhealth](http://ghs.org/memoryhealth).

For information on classes for caregivers, contact Eunice Lehmacher, LISW-CP, at [elehmacher@ghs.org](mailto:elehmacher@ghs.org) or **(864) 885-7857**.



**GREENVILLE  
HEALTH SYSTEM**  
Oconee Memorial Hospital

[ghs.org](http://ghs.org)



## Records You'll Want to Share with Your POA

<b>Personal Information</b>	<b>Home Maintenance</b>	<b>Health Items</b>	<b>Transportation</b>	<b>Financial</b>
Birth Certificate	Mortgage or rental documents & bills	Medicare Prescription drug coverage	Auto(s) Make(s)	Bank records
Marriage Certificate	Utility bills	Health insurance	Auto loan information	Will
Death Certificate for deceased spouse	Telephone bills	VA ID #	Title for car(s)	Durable Power of Attorney
Divorce Papers	Homeowners insurance policy	Do Not Resuscitate (DNR) order	Title for Recreation vehicle(s)	Rental agreements or business contracts
Military Records	Homeowners insurance bills	Advance Directive	List of any other vehicle(s) such as golf cart	Complete list of assets and debts
Driver's License	Personal property insurance	Prescriptions, dosage, costs	Car insurance	Routine household bills
Passport/Citizen papers	Receipts from property taxes		Parking	Record of Loans to others
Will	Garbage service		Public Transportation options	Information on bank contact or financial planner
Trusts				
Life Insurance Policy				
Disability Insurance				
Long-Term Care Insurance				
Safety Deposit boxes				
Address books				
Churches, community memberships & contacts				
Waiting list or contracts with retirement communities/nursing homes				
Cemetery plots and funeral instructions				
Plan of care for family pets				

# Remember to Take Care of Yourself

## Alzheimer Association Support Groups

[www.alz.org.sc.in-my-community-education.asp](http://www.alz.org.sc.in-my-community-education.asp)

### Oconee County

- 2<sup>nd</sup> Wednesday 1:30 PM  
Keowee Key Even Center Jocossee Room  
1 Country Club Dr., Salem  
Use South Entrance on route 183  
Contacts: Bob Ricker 864-280-2173 or Rosie Hargrove 440-478-5561
- 2<sup>nd</sup> Thursday 6:15-7:30 PM  
Westminster United Methodist Church  
925 E Main St., Westminster  
Contacts: Judi Lacey 864-973-8291 or Reverend Joe Allingerstarts 864-784-3300
- 3<sup>rd</sup> Friday 11:30 AM  
GHS Oconee Memorial Hospital  
Patient Tower conference room #1  
Parallel meetings for caregivers and early-mid stage individuals for brain stimulating activities  
Contacts: Eunice Lehmacher 864-882-8940 or Delores Krueger 864-647-6255

### Pickens County

- 1<sup>st</sup> Wednesday 2:00 PM  
Clemson Downs  
150 Downs Blvd.  
Corley Activity Center  
Contact: Gail Marion
- 2<sup>nd</sup> Monday at 12:00 PM (RSVP)  
Parallel meetings for caregivers and early-mid stage individuals  
Light lunch provided  
Brookdale at Countryside  
706 Pelzer Highway, Easley  
RSVP by Friday before: 864-343-7405  
Contact: Tanya Carter 864-250-0029

Powerful Tools for Caregivers (caregiving for any chronic condition)  
Contact: Cheryl Dye or Caitlin Torrence 907-500-8613

## Educational Programs

Have you ever felt that you, as a family caregiver of a dementia patient, need something new? You have been involved in support programs, have read articles from the Alzheimer's Association and have made good use of their voucher program. Yet, you are still feeling drained physically, emotionally and financially. Well, there are three programs that I'd like to bring to your attention: Dementia Dialogues, Caregiving ABCs.

### Dementia Dialogues

Contact: Eunice Lehmacher: [elhmacher@ghs.org](mailto:elhmacher@ghs.org) or 864-643-8449

- GHS Oconee Memorial Hospital, 298 Memorial Drive

### Caregiving ABC's

Contact: GHS Center for Success in Aging: 864-454-8120

[www.ghs.org/healthcareservices/medicine/geriatrics/centerforsuccessinaging/memoryhealth/caregiving101/](http://www.ghs.org/healthcareservices/medicine/geriatrics/centerforsuccessinaging/memoryhealth/caregiving101/)

- GHS Oconee Memorial Hospital, Seneca
- GHS Memorial Hospital, Greenville, call for dates/times

### REACH (Resources Enhancing Alzheimer's Caregiver Health)

Offered through GHS in Greenville, Anderson and Oconee Counties

Greenville/Anderson Contact: Center for Success in Aging 864-454-8120

Oconee/Pickens Contact: Kathy Birkett/Caitlin Torrence 907-500-8613/Dr. Cheryl Dye

## Caregiver and Dementia Patient Social Program

### Memory Café (New)

Contact: Bonnie Holmes 864-916-9204 or Bob Ricker 864-280-2173

- Offered at St. Mark United Methodist Church, 616 Quincy Road, Seneca, SC the first Monday of every month, starting in July.



# Web-based Program to Support Caregivers of Person with Incontinence

Contact: Nicole Davis, PhD, RN, APRN-BC 770-639-1501

Eligibility: family caregiver of an older adult at least 60 years old

- Primarily responsible for managing urinary incontinence in their loved one.
- You must have access of a computer or another mobile device with internet access.

Caregiver study requirements

- 6-week study
- Each week: Review 1 video about managing urinary incontinence and participate in a group conference call or video chat with a nurse and other caregivers to review the content, reinforce teachings, and share insights and experiences
- Videos are about 10 minutes long
- Conference calls will be about 60 minutes
- Attend 1 face-to-face social meeting at a mutually agreed upon place (e.g. Clemson Downs, Memory Clinic at GHS) with other caregivers to share insights and experiences
- Complete questionnaires to monitor progress at various times throughout the study
- An online message board will also be available so that caregivers can communicate privately with the study nurse if questions arise.

Website:

- The website will have video modules about how to better manage urinary incontinence, supportive information and resources about caregiving and incontinence management.

Benefits & Compensation

Caregivers will be taught how to better manage incontinence in their loved ones, have access to a nurse expert in incontinence management, learn strategies from other caregiver experiences and receive support from other caregivers. Caregivers will also receive small monetary compensation for their time. There are no costs associated with participating.

## **Respite for Caregivers of Persons with Dementia**

*so that you get a break...*

Alzheimer's Association: Call 1-800-272-3900 to request a respite voucher or ask questions about dementia. Can be used for in-home care or one of the programs below.

Family Caregiver Support Program: Call 1-800-868-9095 to request a respite voucher and/or referral to respite programs. Can be used for in-home care or one of the programs below.

### **Local Group Respite Programs:**

Golden Corner Respite Care: 214 Northampton Road, Seneca; 1-864-973-7590; Kathy Birkett Program Director; Open Thursdays 1-4pm; [goldencornerrespitecare@gmail.com](mailto:goldencornerrespitecare@gmail.com)

Palmetto Active Daycare for Seniors: 517B W. North 3rd Street, Seneca, 1-864-873-9450; Phyllis Kelly Owner, Open M-F; accepts Medicaid payment; transportation available; [www.palmettoactive.com](http://www.palmettoactive.com); [pkelly@palmettoactive.com](mailto:pkelly@palmettoactive.com)

Rhodes Respite Care: 302 West Whitner Street, Anderson; 1-864-225-2551; Gail Marion Program Director; Open Tuesdays and Thursdays from 10-1:45 pm

Senior Solutions: 101 Perry Avenue, Seneca, SC; 1-864-885-1000; Adult day care and transportation to site. Accept Medicaid.

Clemson Institute for Engaged Aging Brain Health Club - Every Monday and Wednesday 1-4 PM

Clemson Community Center: 120 Commons Way, Central, Early/Mid-Stage dementia: activities

Cost: \$25.00 per session - Financial Assistance Available through Alzheimer's Association

Must pre-register and complete application - 864-387-9187 Caitlin Torrence [ctorren@clermson.edu](mailto:ctorren@clermson.edu)

*Note: All of the above programs will need proof that your loved one has dementia. You can have your doctor sign the attached form or your doctor can use a form from their office. Included must be the type of dementia and the doctor's signature.*

**Want to know more: Call to schedule a free visit to the above programs with your loved one with dementia.**

### Eligibility Assessment 2017- 2018

~~~ THIS SECTION TO BE COMPLETED BY QUALIFIED PROFESSIONAL ONLY ~~~  
 (Doctor, Licensed Nurse, Social Worker, Note: CNA's are not qualified to determine this form)

Please complete the assessment for \_\_\_\_\_ (person receiving care)  
 based on your professional opinion. Form(s) must be returned to the Family Caregiver Support  
 Program for eligibility evaluation.

Substantial Human Assistance\*

Please indicate the level of ability for each activity: \*Includes verbal reminding, physical cuing or supervision

| ADLS       | 0<br>Independent | 1<br>Assistive<br>Tech. | 2<br>Supervision | 3<br>Limited<br>Assist | 4<br>Extensive<br>Assist | 5-Total<br>Dependence |
|------------|------------------|-------------------------|------------------|------------------------|--------------------------|-----------------------|
| Eating     |                  |                         |                  |                        |                          |                       |
| Bathing    |                  |                         |                  |                        |                          |                       |
| Dressing   |                  |                         |                  |                        |                          |                       |
| Grooming   |                  |                         |                  |                        |                          |                       |
| Toileting  |                  |                         |                  |                        |                          |                       |
| Bowel      |                  |                         |                  |                        |                          |                       |
| Bladder    |                  |                         |                  |                        |                          |                       |
| Ambulation |                  |                         |                  |                        |                          |                       |
| Transfer   |                  |                         |                  |                        |                          |                       |

Medical Diagnosis:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\* A diagnosis of Alzheimer's or a related memory disorder disease is required for Alzheimer's respite funding.

- Alzheimer's disease  
  Creutzfeld-Jakob disease  
  Vascular dementia  
  Parkinson's disease  
 Huntington's disease  
  Pick's disease  
  Lewy-Body dementia  
  Mixed dementia

Completed by:

\_\_\_\_\_ Healthcare Profession's Signature (not the caregiver)      Date

\_\_\_\_\_ Printed Name      Agency

\_\_\_\_\_ Title      Contact Number

Appalachian Council of Government- Area Agency On Aging P.O. Box 6668 Greenville, SC 29606  
 Phone: 864-242-9733 or 800-434-4036 Fax 864-242-6957 [www.scupstateadrc.org](http://www.scupstateadrc.org)

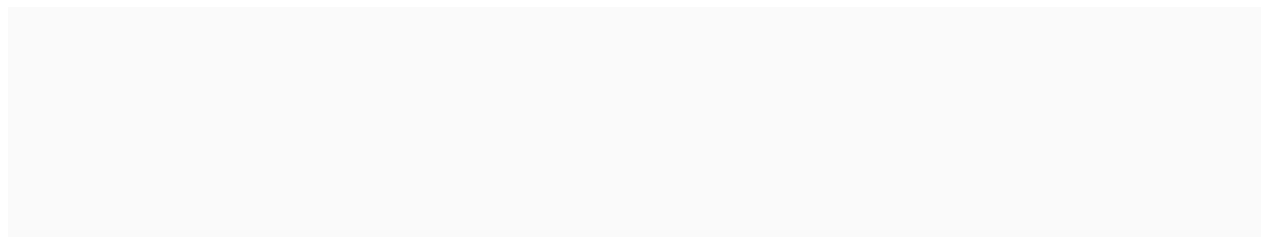
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## Facilities and In-Home Professional Care

### Assisted Living Local Facilities

An assisted living residence is a long-term senior care option that provides personal care support services such as meals, medication management, bathing, dressing and transportation.

- Belvedere Commons of Seneca  
515 Benton Street, Seneca, SC 29672  
(864) 888-4114
- The Residences at Park Place  
115 Gillespie Road, Seneca, SC 29678  
(864) 8820783
- Morningside of Seneca  
15855 Wells Highway, Seneca, SC 29678  
(864) 888-8886
- Keowee Place  
475 Rochester Highway, Seneca, SC 29672  
(864)280-9175
- Foothills Manor  
999 West Union Road, West Union SC 29696  
(864) 638-4370
- Brookdale Central  
131 Vickery Drive, Central, SC 29630  
(864) 653-4674
- Six Mile Retirement Center  
120 S Main Street, Six Mile, SC 29682  
(864) 868-9050



## Continuing Care Retirement Local Communities

These are communities for senior living that offer independent duplexes, assisted living and nursing care. Seniors may move from one type of living to another as their needs change.

- Clemson Downs  
500 Downs Loop, Clemson, SC 29631  
(864) 654-1155

## Nursing Homes Near Seneca, SC

A nursing home is a place for people who don't need to be in a hospital but can't be cared for at home. Most nursing homes have nursing aides and skilled nurses on hand 24 hours a day. Some nursing homes are set up like a hospital. The staff provides medical care, as well as physical, speech and occupational therapy.

- Lila Doyle at Oconee Medical Center  
101 Lila Doyle Drive, Seneca, SC 29672  
(864) 885-7679
- Seneca Health & Rehabilitation Center  
140 Tokeena Road, Seneca, SC 29678  
(864) 882-1642
- Heritage Healthcare of Pickens  
163 Love & Care Road, Six Mile, SC 29682  
(864) 868-2307

## Professional In-Home Care

In-Home care includes any professional support services that allow a person to live safely in their home. In-home care services can help someone who is aging and needs assistance to live independently; is managing chronic health issues; is recovering from a medical setback; or has special needs or a disability.

- Loving Health Care, Inc.  
Seneca, SC 29672  
[www.lovinghealthcareinc.com](http://www.lovinghealthcareinc.com)  
(864) 916-9204

- Home Instead  
115 Bountyland Road  
Seneca, SC 29672  
[www.homeinstead.com](http://www.homeinstead.com)  
(864) 888-2929
- InterimIn-Home Care  
125 Eagles Nest Drive  
Seneca, SC 29678  
[www.interim.com](http://www.interim.com)  
(864) 885-0461
- Always Best Care  
2315 N Main St.  
Anderson, SC 29625  
[www.alwaysbestcare.com](http://www.alwaysbestcare.com)  
(864) 437-9797
- Senior Helpers  
Anderson, South Carolina  
[www.seniorhelpers.com](http://www.seniorhelpers.com)  
(864) 249-4473

## Activities to Do at Home

Everyone differs. Even though the suggested activity is in a column, adjust the list to fit your needs.

| <b>Men</b>                                                                     | <b>Women</b>                                    | <b>Both</b>                                                                    |
|--------------------------------------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------------------|
| Count trading cards                                                            | Make homemade lemonade                          | Listen to soothing music that is meaningful to him or her                      |
| Sort poker chips                                                               | String beads                                    | Toss a ball                                                                    |
| Building projects                                                              | Bake cookies                                    | Color pictures                                                                 |
| Name the fishing equipment                                                     | Brush or comb one another's hair                | Clip coupons                                                                   |
| Name the vehicle                                                               | Wipe off the kitchen table                      | Read out loud chapters from favorite stories                                   |
| Fishing outing                                                                 | Fold laundry                                    | Take photos of the person and you and create a collage                         |
| Distinctions and descriptions of army rank and file                            | Cut pictures out of greeting cards or magazines | Participate in the Alzheimer's Association Walk to End Alzheimer's             |
| Make model cars, planes, etc.                                                  | Bake homemade bread                             | Plant seeds indoors or outdoors                                                |
| Work on stamp collection                                                       | Sort objects by shape or color                  | Look at family photographs                                                     |
| Build and maintain a backyard bird habitat                                     | Put silverware away                             | Weed the flowerbed or tend to the garden                                       |
| String cheerios to hang outside for birds                                      | Make a Valentine card                           | Have a friend visit with a well-behaved pet                                    |
| Talk about great inventions                                                    | Make a cherry pie                               | Ask the person about his or her favorite childhood books or cartoon characters |
| Look at a map of the United States and identify states and capitals            | Play with tops or jacks                         | Play favorite songs and sing                                                   |
| Reminisce about favorite sports activities the person enjoyed while growing up | Sweep the patio                                 | Make a scrapbook                                                               |
| Dress in your favorite team's colors                                           | Have an afternoon tea party                     | Make a family tree poster                                                      |
| Name the presidents                                                            | Give a manicure                                 | Dance                                                                          |

| Men                                                   | Women                                                                     | Both                                                                                        |
|-------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| Remember famous people                                | Recite nursery rhymes                                                     | Plant a tree                                                                                |
| Sand wood                                             | Arrange fresh flowers                                                     | Finish famous sayings                                                                       |
| Take care of a fish tank                              | Bake cupcakes and decorate them                                           | Model with play dough                                                                       |
| Put coins in a jar                                    | Cook a favorite recipe together                                           | Look at pictures in a comic book                                                            |
| Ask him to tell you and show you their favorite hobby | Wash dishes and silverware together                                       | Rub in hand lotion                                                                          |
| Ask the person to talk about his favorite sports hero | Ask the person to show you how to knit or sew (or another favorite hobby) | Make peanut butter sandwiches                                                               |
|                                                       |                                                                           | Interview the person about his or her life using either a video camera or cassette recorder |
|                                                       |                                                                           | Put bird seed out for the birds                                                             |
|                                                       |                                                                           | Decorate a pumpkin                                                                          |
|                                                       |                                                                           | Play a musical instrument                                                                   |
|                                                       |                                                                           | Keep a journal together                                                                     |
|                                                       |                                                                           | Play games such as Rumikub, Checkers, Tumbling Tower, Dominoes, etc.                        |
|                                                       |                                                                           |                                                                                             |



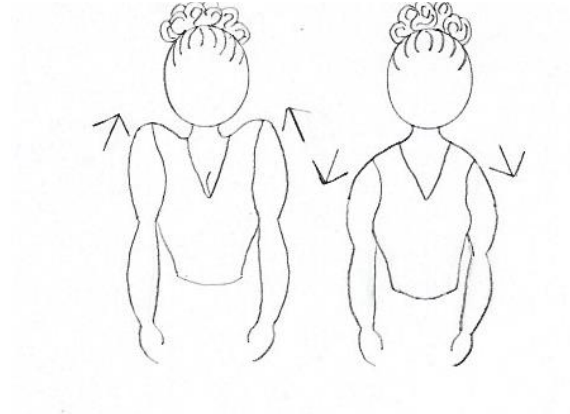
## Range of Motion and Balance Exercises

These range of motion and balance exercises should be done daily. The repetitions should start off less in the beginning and increase as your loved one improves in ability. Illustrations are by Lesli (Leslie Easter).

### Exercise 1

Name: **Shoulder Shrugs**

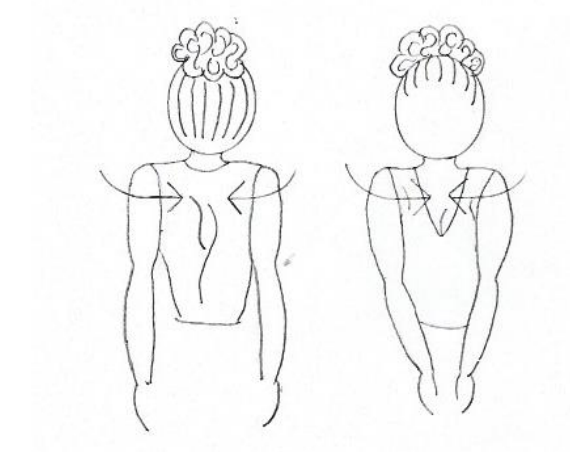
Directions: Shrug your shoulders up and then down again.



### Exercise 2

Name: **Draw back and Pull forward**

Directions: Sit up tall. Squeeze your shoulders back and then round them forward.



Exercise 3

Name: **Shoulder Circle Rotations**

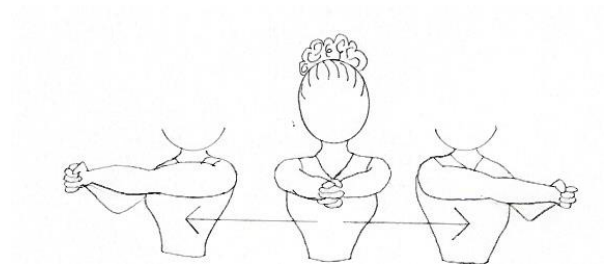
Directions: Roll your shoulder around in a circle.



Exercise 4

Name: **Torso Rotation**

Directions: With hands clasped and arms extended to shoulder height, move your arms to the left side, then the center and finally the right side without rotating your waist.



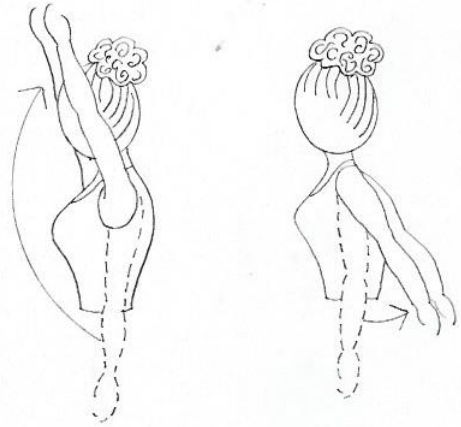
### Exercise 5 and 6

#### Name: **Shoulder Flexion**

Directions: Start with arms at your side. Raise them up in front of you with your palms facing each other as high as you can. Then return your arms to the starting position. Repeat this several times.

#### Name: **Shoulder Extension**

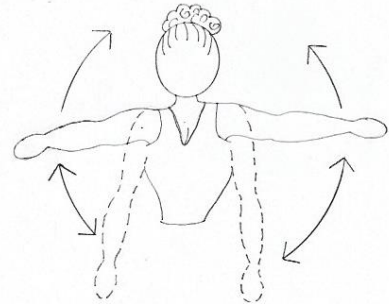
Directions: Start with your arms at your side. Raise them behind you as far as possible. Return to starting position.



### Exercise 7

#### Name: **Shoulder Abduction/Adduction**

Directions: Extend your arms out to the side. Slowly raise them up above your head, and then down your side toward your legs, as if you were making a snow angel in the snow.



### Exercise 8

#### Name: **Shoulders and Back**

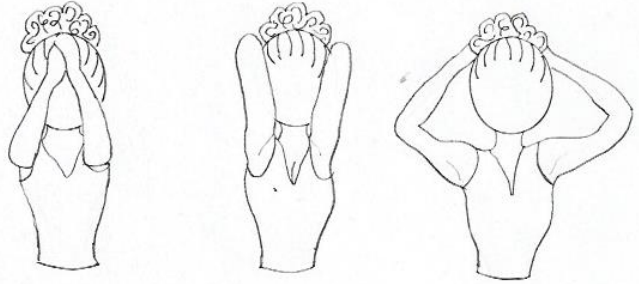
Directions: Grasp your wrist behind your back with your hand. Slowly raise your hands up the center of your back as far as possible. Hold, then return to initial position.



Exercise 9

Name: **Arm Rotation**

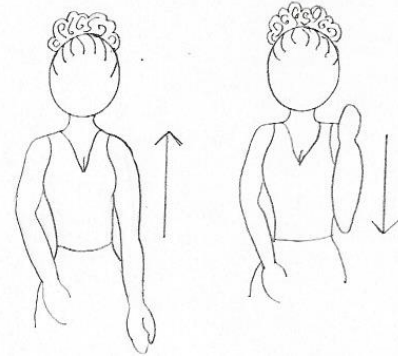
Directions: Clasp your hands together on your lap. Slowly raise your hands over your head until you reach the back of your neck. Then spread your elbows back as far as possible.



Exercise 10

Name: **Arm Extension and Flexion**

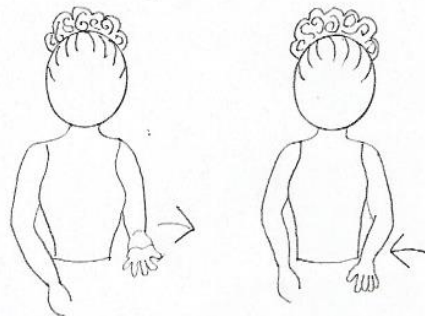
Directions: Begin with your arm by your side. Bend your arm, palms up to touch your shoulder. Return to starting position. Do this exercise several times using one arm and then the other.



Exercise 11

Name: **Forearm Supination and Pronation**

Directions: Rest your hands on your lap with your palms down. Turn your palms up and then down again.



Exercise 12

Name: **Wrist Extension and Flexion**

Directions: Sit in an armed chair. Place your arms on the chair arms. Bend your wrist up and then down.



Exercise 13

Name: **Wrist Turns**

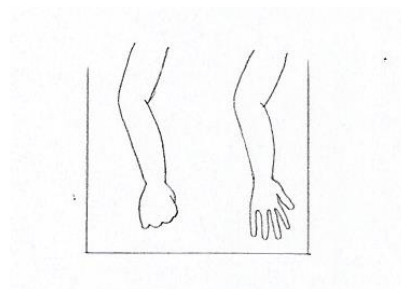
Directions: Stand up. Hold your arms down by your side. Without moving your elbows, move your wrists side to side. You may do one wrist at a time holding onto a table with the other. Then change and exercise the other wrist. You may also turn this into a balance exercise by doing both wrists at the same time.



Exercise 14

Name: **Fist and Release**

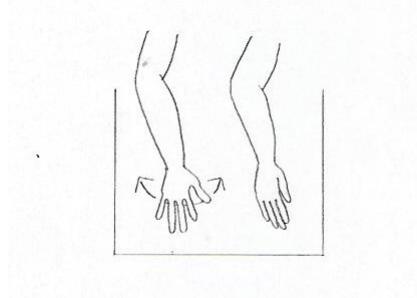
Directions: Stand up. Let your arm hang down. Make a fist and then release, opening up your fingers. Repeat several times with one hand and then the other. In the beginning, hold onto a table with one hand while exercising the other. To practice balance, do not hold onto a table.



Exercise 15

Name: **Finger Spread**

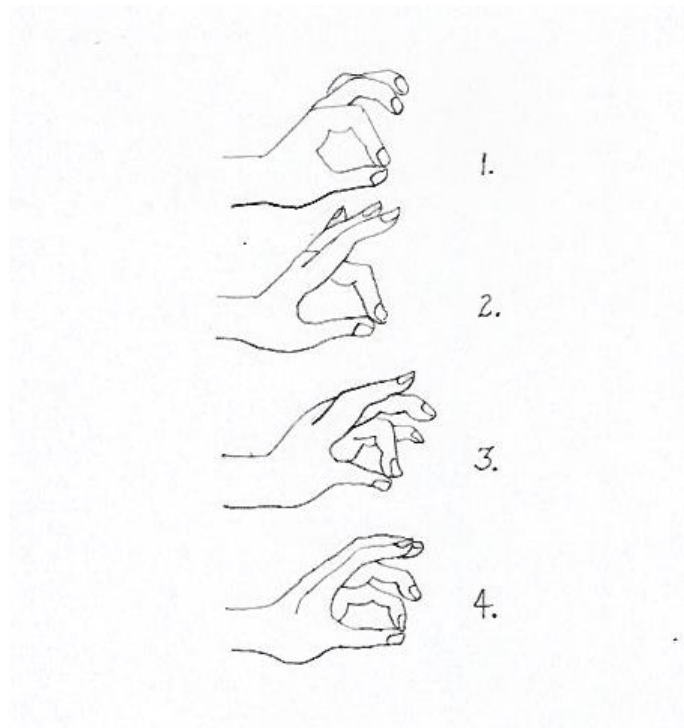
Directions: Stand up. Hold your arms down by your side. Slowly spread your fingers and then close them. In the beginning exercise one hand at a time. Later, to include balance, exercise both hands at the same time.



Exercise 16

Name: **Finger Exercises**

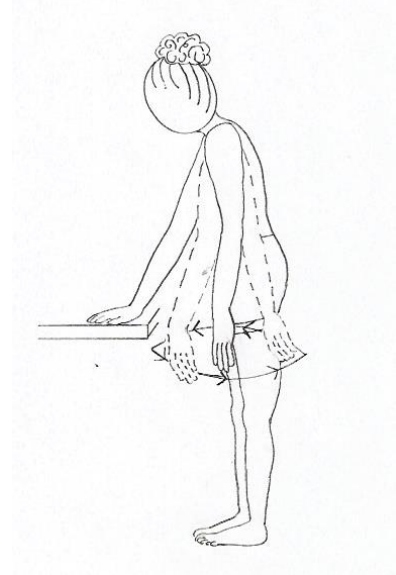
Directions: Touch each fingertip to your thumb and then repeat.



Exercise 17

Name: **Arm Pendulum**

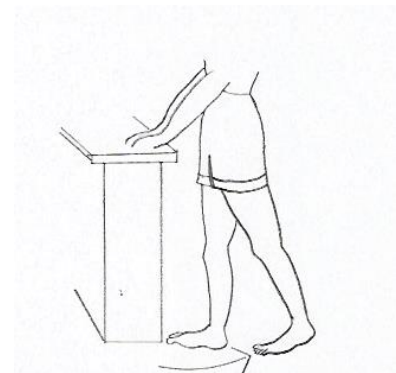
Directions: Stand up with one arm holding onto a table. Place the other arm down by your side. Take this arm and swing it clockwise and then counterclockwise several times.



Exercise 18 and 19

Name: **Backward Kicks and then Side Kicks**

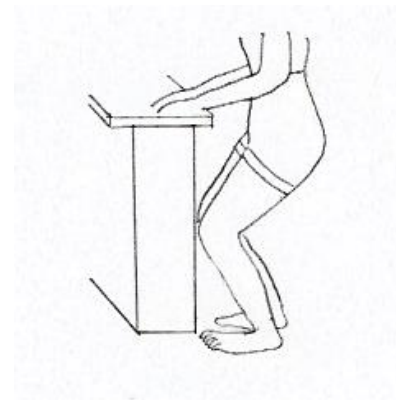
Directions: Stand up and hold onto a table. With one leg, keep your knee straight and slowly kick back without leaning forward. Repeat several times and then exercise the other leg in the same way. Next, still holding onto the table take one leg with toes facing forward and knees straight, kick your leg out to the side and then back. After several repetitions, exercise your other leg in the same manner.



Exercise 20

Name: **Squatting**

Directions: Stand with your feet a little wider than shoulder distance. Slowly bend your knees, as if to sit in a chair. Keep your knees behind your toes. Then stand up straight again.



Exercise 21

Name: **Marching**

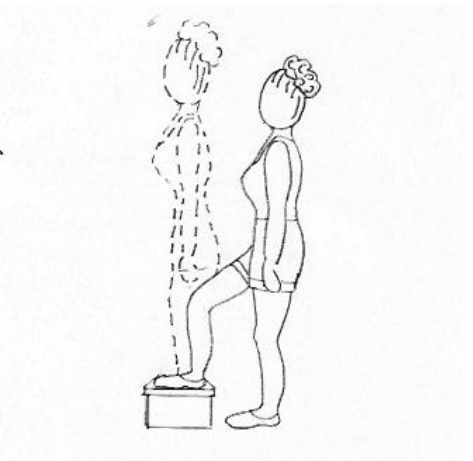
Directions: Stand up straight holding onto a table. Using good posture, march in place. Turn it into a balance exercise by marching in place without holding onto a table.



Exercise 22

Name: **Step Climbing and Balance**

Directions: Step onto a low stool. Then step down again. Repeat several times. As you advance, step onto a slightly higher stool.





Exercise 23

Name: **Leg Raise and Hold**

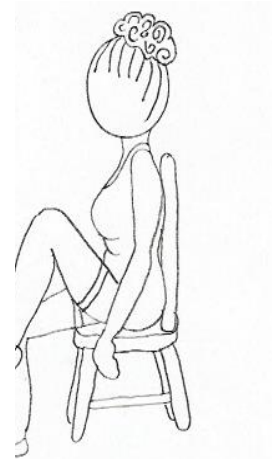
Directions: Sitting down, raise one leg up without bending knee. Hold, and then let it down. Repeat several times and then follow the same procedure with the other leg.



Exercise 24

Name: **Sitting Knee Raises**

Directions: While sitting, lift and lower one knee and then the other as if marching.



Exercise 25

Name: **Stand from Sitting Position**

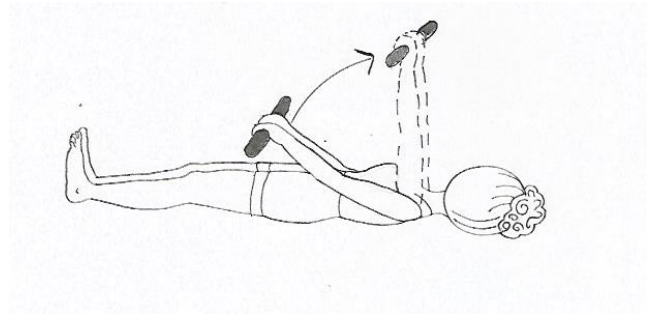
Directions: Sit in a chair with arms. Slowly stand using your arms for support. Repeat several times. For balance, do the exercise without using arm support.



## Exercise 26

### Name: **Arm Raise**

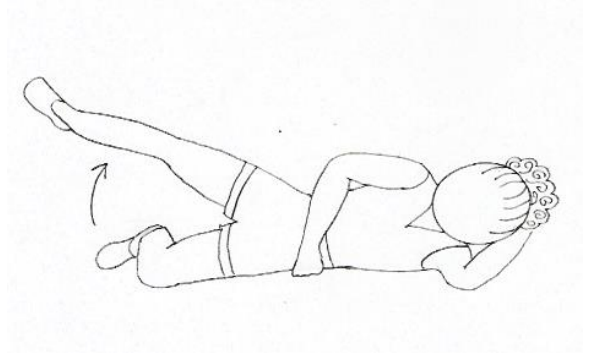
Directions: Lie with your hands down. Hold onto a weighted bar or can of vegetables with both hands. Lift the bar/can up toward the ceiling and then over your head. Then return your hands down to original position (still holding onto the bar or weighted stick). Repeat several times.



## Exercise 27

### Name: **Hip Abduction**

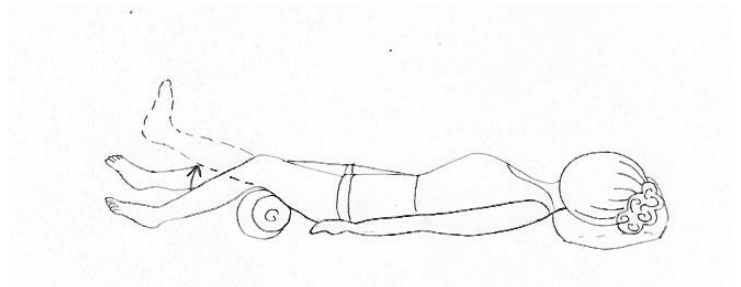
Directions: Lie on your side with your bottom leg bent. Keep your top leg straight. Slowly raise the top leg and hold up. Then relax the leg down. Repeat several times.



## Exercise 28

### Name: **Lying Calf Raises**

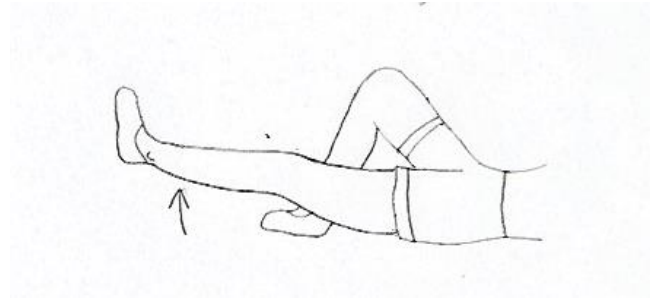
Directions: Lie down on your back with a rolled-up towel under your knees. Straighten one leg to a slightly raised position and then lower it again, still in a lying position. Do not raise your head. Repeat several times and then exercise the other leg in the same way.



## Exercise 29

### Name: **Lying Leg Raises**

Directions: Lie on your back. Bend one leg, placing your foot on the bed. Using the other leg, tighten the thigh muscle, and lift that leg up several inches. Keep that leg straight. Hold it up several seconds, then slowly lower the leg. Repeat several times, then exercise the other leg in the same manner.



## Exercise 30

### Name: **Bottoms Up**

Directions: Lie with your knees bent. Keep your feet flat on the bed. Tighten the muscles in your stomach and buttocks. Slowly lift your hips up off the bed. Hold several seconds and then repeat several times.

