

November  
2025

FRIENDSHIP NOW connect smile healing  
kindness • COMPASSION purpose  
caregiver healthcare patience  
support LOVE long term sense  
time activity mobility dignity family THERAPY  
inclusion community UNCONDITIONAL nurture  
respect trust GRACE

## NATIONAL FAMILY CAREGIVERS MONTH

- Series: AFA 10 Steps to Healthy Aging Chart  
“Get a Memory Screening” - Step #10
- Computerized Cognitive Screening and Assessment
- Benefits of Respite Care for Caregivers
- Plan Ahead for Unexpected Situations
- Coordinate Your Helpers
- Overcoming Respite Concerns
- ★ November 6th Event: Dementia Caregiver Support Group
  - Virtual Reality Experience
  - Resources

*“The best way to take care of others  
is to take care of yourself first.”*

You are not alone.  
TOGETHER WE ARE STRONG

# Dementia Caregiver Support Group

Basehor Community Library:

Meets in person on the first Thursday of every month at 6:30 pm

Join us in this safe supportive environment for caregivers.

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist  
and Cathy Grigsby, MS, caregiver support specialists,

will guide us as we share our experiences. Anyone is welcome to join us.

**GET A MEMORY SCREENING*****Computerized Cognitive Screening and Assessment***

A growing area of research is the development of medical devices and technologies to help physicians evaluate cognition and function. Among these are medical devices or digital technologies including computerized testing software; these have several advantages, including giving tests exactly the same way each time.

Digital computerized assessments are designed to measure an individual's performance on a variety of cognitive or functional tasks and may be appropriate for administration in randomized clinical trials or clinical settings, when lengthier standard assessments are not practical.

***Testing***

The U.S. Food and Drug Administration (FDA) has cleared several digital cognitive testing tools for marketing:

- Automated Neuropsychological Assessment Metrics (ANAM)
- Cambridge Neuropsychological Test Automated Battery (CANTAB Mobile®)
- CognICA
- Cognigram
- Cognivue

The FDA has also cleared a medical device called Cognision. This device is a headset with electrodes that are affixed to the scalp to measure electrical activity in the brain responsible for cognitive function.

**Depression screen and mood assessment**

In addition to assessing mental status, the doctor will evaluate a person's sense of well-being to detect depression or other mood disorders that can cause memory problems, loss of interest in life, and other symptoms that can overlap with dementia.

*Source: Alz.org*

***NOVEMBER EVENT: Dementia Caregiver Support Group***

***Thursday, November 6th—Basehor Community Library***

***1400 158th St., Basehor, KS—6:30 p.m.—7:30 p.m.***

*In a safe and welcoming environment, the Dementia Caregiver Support Group gives caregivers the opportunity to ask questions and share their experiences with others in similar circumstances. **The support group will be led by:***

***Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist and Cathy Grigsby, MS caregiver support specialists.***

## ***Benefits of Respite Care For Caregivers***

Source: Alz.org

### *Respite care can provide:*

- A chance to spend time with other friends and family, or to just relax
- Time to take care of errands such as shopping, exercising, getting a haircut or going to the doctor

Comfort and peace of mind knowing that the person with dementia is spending time with another caring individual

### *Respite care services can give the person with dementia an opportunity to:*

- Interact with others having similar experiences
- Spend time in a safe, supportive environment
- Participate in activities designed to match personal abilities and needs

## ***Plan Ahead For Unexpected Situations***

Emergencies, unplanned situations or unexpected trips can create a need for immediate care by an alternative caregiver. Try providers out in a non-emergency situation, so you're ready if the need arises. Also, talk with people you trust — including family, friends and neighbors — about helping out in an emergency.

## ***Coordinate Your Helpers***

### *In-home care services offer a range of options including:*

- Companion services to the individual with companionship and supervised activities
- Personal care or home health aide services to provide assistance with bathing, dressing, toileting and exercising
- Homemaker or maid services to help with laundry, shopping and preparing meals
- Skilled care services to help with medication and other medical services

Adult day centers offer a place where the person with Alzheimer's can be with others in a safe environment. Staff leads planned activities, such as music and art programs. Transportation and meals are often provided.

## ***Overcoming Respite Concerns***

### *Common concerns caregivers have about using respite care include:*

- **Cost:** Look into financial assistance such as scholarships, sliding scale fees or government programs. Contact your local Alzheimer's Association to learn what kind of financial assistance may be available.
- **Reliability:** Those who work for an agency or care community should be reliable and well trained, and are often certified. If hiring someone independently, interview the person thoroughly and check references.
- **Guilt:** Seeking help does not make you a failure. It's important to remember that respite services benefit the person with dementia as well as the caregiver.

# Resources



## A JOURNEY THROUGH ALZHEIMER'S DISEASE "VIRTUAL REALITY EXPERIENCE"

*Find out what everyone is raving about!*

*"Enlightening" "Eye-Opening" "Empowering" "Informative"*

*Free Distance Learning Experience Through Zoom..*

*(Alzheimer's/Dementia/Lewy Body/Parkinson's)*

*Experience a journey through their eyes.*

*(A must for caregivers, families, doctors/fellows/residents/staff.)*

*Free Virtual Reality Distance Learning is made possible*

*by Dr. Maritza Buenaver's Iowa-GWEP/HRSA Grant.*



**It's easy to schedule a  
Virtual Reality Session.**

***Just email your preferred  
VR Session date and time to:***

***vaCaregiverEducation@gmail.com***

***Also, ask about our other  
Virtual Reality Experiences including:  
Vision/Hearing Loss and End-of-Life.***

- **Dr. Maritza Buenaver—Dementia Education, Next Session: December 17, 2025**  
    > **Dementia Education Sessions are held Every Other Month on the  
    Third Wednesday of that month, 6:30-7:30 p.m., at the Basehor Library**
- **Dementia Caregiver Support Group, Monthly, First Thursday, Basehor Library**
- **www.Facebook.com—Basehor Library—Dementia Caregiver Support Group**
- **The Deeper Window Association, Vicki Lichtenauer, vlichtenauer@scls.org**  
    **Caregiver Support Group, Monthly, 1st and 3rd Wednesday, 5:45-7:30 p.m.**
- **Leavenworth, KS— Let's Roll Mobile Respite, Tuesdays, 11:00 a.m.—3:30 p.m.**
- **www.LeavenworthCounty.gov—Council on Aging**
- **www.ALZ.org—Alzheimer's Association**
- **www.ptsd.va.gov/gethelp/help\_for\_veterans.asp**
- **CRISIS LINE: 800-273-8255—Free and Confidential**

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