



In Care of You

A NEWSLETTER FOR CAREGIVERS FROM THE GREENE COUNTY COUNCIL ON AGING

SEPTEMBER – OCTOBER 2026

WHY DEMENTIA CAN MAKE SOMEONE SLEEP ALL DAY

People with dementia may sleep much more than they used to, sometimes spending most of the day asleep. This can happen because dementia affects the brain areas that regulate the body's sleep-wake cycle. As the disease progresses, a person may have difficulty telling day from night, leading to longer daytime naps and disrupted nighttime sleep.

Dementia can also be physically and mentally exhausting. Simple activities may require much more effort, leaving a person tired and needing additional rest. Changes in routine, reduced activity, medications, depression, or other medical conditions can also contribute to excessive sleepiness.

Although increased sleep can be part of dementia, a sudden or significant change in sleeping habits

should be discussed with a healthcare professional. Infections, medication side effects, dehydration, pain, sleep apnea, and other treatable problems can sometimes cause unusual drowsiness.

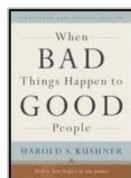
A calm daily routine, exposure to natural daylight, gentle activity, and limiting long naps late in the day may help support a healthier sleep pattern. Most importantly, excessive sleeping should be viewed as a possible symptom rather than simply laziness or lack of interest.



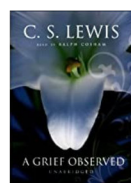
Recommended Reading

The authors below describe their personal losses and those experiences in the perspective of their religions.

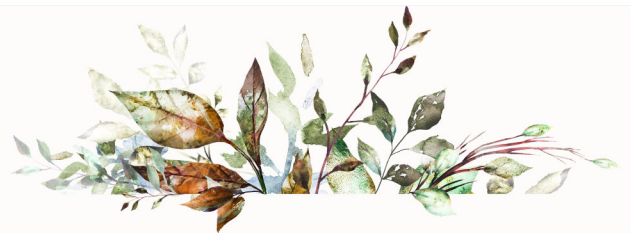
When Bad Things Happen to Good People
by Harold S. Kushner



A Grief Observed by C.S. Lewis



Both are available at Greene County Public Library and at booksellers everywhere.

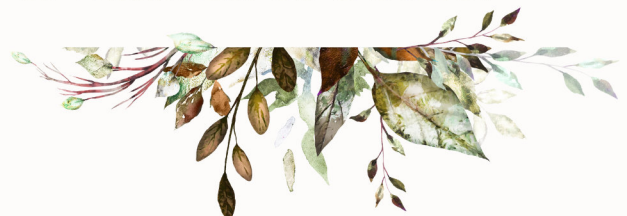


CAREGIVER GUILT

THE GUILT OF A CAREGIVER
IS A SILENT WEIGHT,
ALWAYS QUESTIONING:

AM I DOING ENOUGH?

NO MATTER HOW MUCH
WE GIVE, THERE'S ALWAYS
A WHISPER OF DOUBT.





WHY OLDER ADULTS MAY NOT NEED A DAILY SHOWER

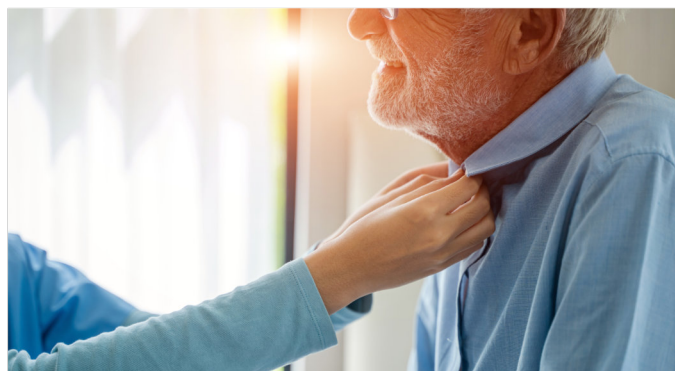
As people get older, their skin often becomes thinner, drier, and more sensitive. Because of these changes, showering every day may not always be necessary—and for some older adults, it can actually make skin problems worse.

Frequent showers, especially with hot water and strong soaps, can remove the skin's natural oils. This may lead to dryness, itching, irritation, or cracking. Older skin generally benefits from gentle care and regular moisturizing rather than constant washing.

For many older adults, bathing a few times a week may be enough, provided they wash areas that need more frequent attention, such as the face, hands, underarms, groin, and feet. Of course, personal habits, activity level, sweating, incontinence, medical conditions, and a person's preferences all matter.

The goal is not to avoid bathing, but to find a healthy balance. Short, warm—not hot—showers, mild fragrance-free cleansers, and moisturizer afterward can help protect aging skin. If someone has a skin condition or special care needs, they should follow their healthcare professional's advice.

For older adults, clean does not have to mean showering every day. A gentler bathing routine can help preserve the skin's natural protective barrier while still maintaining good hygiene.



CAREGIVER REMINDERS

1. You cannot entertain anyone 24/7. Give yourself grace.
2. Everyone has bad days, and grieves. Do not take bad days to heart.
3. You are doing the best you can with the knowledge you have.
4. Your loved one is not giving you a hard time. They are having a hard time....and so can you.
5. You are human. Your past self would be so proud. Give yourself credit for showing up.

Support Groups

- 1st Monday of the month at 4pm, First Presbyterian Church, 314 Xenia Ave, Yellow Springs
- 1st Wednesday of the month at 11:30 am, GCCOA Xenia office
- 2nd and 4th Tuesdays at 9:30 am, Peace Lutheran Church, 3530 Dayton-Xenia Rd, Beavercreek

Weekly Radio Segment: Partners in Caregiving every Thursday soon after 6pm, WBZI—FM 100.3 AM 1500 Also available online: gcco.org/radio