

MINUTES : HASA MEETING 11 AUGUST 2016

Register taken.

Introduction :

Great news : Tali engaged!

Henry (Pats husband)has had a heart valve replacement and we all wish him speedy recovery. Tali to send get well e mail.

We welcomed Kirsten Steenkamp, a new volunteer for HASA , an honours Psychology student.

Guest speaker : Karen Theunissen : Occupational Therapist : A really stunning friendly relaxed and informative speaker.

Her topic was Cognitive /Thinking strategies within HD .

- Cognitive difficulties: Important not to stress about unimportant things.
- Concentrate on ways to improve quality of life, relax and don't sweat the small stuff , just makes people anxious.
- Safety is very important aspect: when to start "worrying?"
- Loss of independence a major issuediscussion or driving.
- Can't change a person's life style but routine is very important and gives a measure of security.

Cognitive Difficulties

We did a role playing exercise: in pairs to remember 4 things about your partner: indicating that Memory is an issue.

Tips for cell phone: keep the same cell ph for as long as possible: reminders to be loaded on cell , voice record reminders for meds : safety tracking on cell available

Have a "Command Centre" in the house: A white board for messages or reminders, a place to leave keys, wallet , glasses etc

Safety kit : containing essentials , 2nd set of glasses , keys etc.

Strategy for pin numbers!

All these suggestions to be started early with HD so that they become routine .

Executive difficulties

Phoning; decision difficulties ; holding information in mind; managing two things at once ; memory issues

Confusion: better to work on the above strategies early on to build up a habit/routine

Do silly things to remember things!

Call on OT contact for any work related difficulties to help planning going forward.

Routing business and planning :

- 22 October HD "Caring for Care givers" workshop : possibly ad Dr Schronun Clinic
- Bean Bags to be branded HASA : good for heating , balancing activities and mobility exercises .
- Joan needs 50 HASA cards for next meeting
- Medic alert : order on Web site let Mandy know
- Speaker next meeting: Cara Freeman Psychiatrist.

Great meeting!!!

Jenny Selfe