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## Caring for Our Community

### The Funny Side of Tragedy

"Being able to see the funny side of such a tragedy is essential," say members of the support group, Alzheimers Kapiti.

If you're caring for someone with Alzheimers, you're not alone. If you need help with diagnosis, treatment or just want to share a funny story, Alzheimers Kapiti will welcome you.



Members of the Kapiti support group get together and laugh. Co-ordinator. Anne McCabe, says "being able to share and laugh about things keeps the care givers sane." One member says her husband keeps loosing keys then blames a burglar. "You just go along with it and laugh about it later. That's what gets you through."



Volunteer Barbara Noble (left) takes members on field trips to Kapiti Island. "My mother had Alzheimers. She used to think my sons were her sons. She'd tell them to turn the TV off and go to bed. They'd play along with it."



Alzheimers Kapiti teaches people about 'therapeutic fibs.' The caregiver briefly pretends the elder's illusions are true and tells a lie as a distraction. Co-ordinator McCabe says, "It works amazingly well. It keeps them calm. But it's not easy for the carer. They need support."

Alzheimers Kapiti meets regularly to share stories, fundraise and go on outings. Reach out, and contact Anne McCabe on 297 3179. Donations also welcome.

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