

## *Is it time for Memory Care?*

**January 23, 2024**

Memory impairment is a normal part of aging. Most people will experience some aspect of memory loss, but has it become too dangerous to live on their own?

This is a hard decision and transition for everyone involved – you just want to do what is right. Let's try and make this process easier for everyone. Here are the top things to look for when deciding if it is time for memory care.

### 1. Safety Concerns.

- a. The top thing to consider is always going to be their safety. Are they a danger to themselves while living alone, in independent living or in assisted living?

Here are a couple of specific to think about:

- i. Are they starting to forget to turn the stove off?
- ii. Are they starting to forget where they are when they go on walks? Are they starting to wander outside?
- iii. Are they forgetting about having to pay bills? (i.e. not just a one time missed payment, but they are confused why services are getting turned off.)
- iv. Are they under or overtaking their medication?

### 2. Hygiene Concerns.

- a. A decline in their personal hygiene and housekeeping can be a sign that memory care is the next step for someone. Often, someone starting to struggle with memory impairments will forget how to do basic cleaning tasks or they will have trouble doing it themselves.

- i. Are they neglecting their personal hygiene – changing clothes, showering/bathing themselves, or practicing dental hygiene?
- ii. Are they neglecting normal household chores – dishes, laundry, or cleaning the bathroom?
- iii. Are they skipping meals or missing doctors appointments?

### 3. Often losing track of time.

- a. Everyone can forget the date or what day of the week it is. But when someone starts forgetting what year it is or what season of the year it is, that's cause for concern. It may be time to get them checked out for memory care.

### 4. Withdrawing from Social Situations or Hobbies.

- a. IF they start to isolate themselves, it may be because their hobbies are now too challenging for them, or their normal social activities are now not stimulating enough. They may be getting too confused to carry on normal conversations with others. Isolation can make dementia progress faster, and a memory care center will offer stimulating activities for them – as well as emphasize the importance of socialization.

This transition can be hard for everyone involved, but Edencrest is here to help you and your family through it. Are you interested in learning more about our memory care program and how we can help your loved one? \*Text linked to memory care page\*

We want to chat with you and help you through it. Let's connect today and get your loved one safe.

Need more prompts to think about if it's time for memory care? Check out this quick infographic on what questions to ask yourself about your loved one!



# 6 QUESTIONS TO DETERMINE IF IT'S TIME FOR MEMORY CARE?

1

## IS YOUR LOVED ONE SHOWING SIGNS OF AGITATION OR AGGRESSION?

As people start to progress and struggle with their memory, they may struggle to express themselves. This can come out as aggression and anger.



2

## ARE THEIR HYGIENE NEEDS MET?

Many times, people struggling with memory loss will forget how to do basic hygiene tasks. They may forget to shower, change their clothes, or brush their teeth.



3

## HAVE FRIENDS OR FAMILY MEMBERS COMMENTED ON CHANGES IN BEHAVIOR?

Many times, friends and family can tell when something is wrong. If those close to them are starting to question or comment about changes, it may be a sign to consider memory care.



4

## DOES YOUR LOVED ONE WANDER?

And furthermore, are they starting to forget how to get home? This could be a risk to their safety. Especially if they live in a place where being outside for long periods of time can be dangerous.



5

## ARE THEIR MEDICATIONS PROPERLY MANAGED?

This could lead to them taking too much or it or not taking medication at all. Memory Care will help with administering their medication properly.



6

## IS YOUR LOVED ONE WELL-NOURISHED?

If you are starting to notice that they are losing weight or look malnourished, they may be forgetting to eat. They also may forget how to prepare food for then to eat.

