



Wellness, Routine and a Secure Environment



## MEMORY CARE



Helps Provide Peace of Mind for the Entire Family

### DEFINITIONS OF DEMENTIA

**Dementia** is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss is an example. Alzheimer's is the most common type of dementia.

**Mild cognitive impairment (MCI)** is a condition in which an individual experiences a mild but noticeable and measurable decline in cognitive abilities, including memory and thinking skills.

### COMMON TYPES OF DEMENTIA

Alzheimer's Disease

Vascular Dementia

Dementia with Lewy Bodies

Mixed Dementia

Parkinson's Disease

Frontotemporal Disease

ALS (Lou Gehrig Disease)

Huntington's Disease

### SIGNS OF DEMENTIA

Memory Lapses that are Disruptive

Problem Solving Challenges

Difficulty with Familiar Tasks

Confusion With Time or Place

Problems Speaking or Writing

Decreased or Poor Judgment

Withdrawal from Work or Social Life

Changes in Mood and Personality

### WHEN MORE CARE IS NEEDED



Providing Peace of Mind

- Research and gather information
- Talk with other family members
- Start the conversation with your loved one
- Contact healthcare professional
- Meet with elder law attorney
- Talk to senior living specialists



## MEMORY CARE COMMUNITIES PROVIDE:



RESTAURANT STYLE DINING



SOCIAL CONNECTIONS



24-HOUR STAFFING



MEMORY CARE ACTIVITIES



SPECIALIZED WELLNESS PROGRAM



LAUNDRY & CLEANING



SECURED OUTDOOR SPACES



TRANSPORTATION



MEDICATION MANAGEMENT

### Don't wait to have difficult conversations.



"I'm noticing that you're forgetting more things lately. Let's talk with the doctor about it to see what we can do."  
OR  
"The doctor needs to see you before she/he can renew your prescriptions." <sup>1</sup> \*

### OTHER OPTIONS AVAILABLE



In addition to memory care communities, other options include group care homes, in-home care, adult day care centers and more. Speak with a senior care community representative to learn more about your options.

Resources Are Available

Alzheimer's Association  
[alz.org](http://alz.org)

National Institute on Aging  
[nia.nih.gov/health/alzheimers](http://nia.nih.gov/health/alzheimers)

WebMD  
[webmd.com/alzheimers/ss/slideshow-alzheimers-overview](http://webmd.com/alzheimers/ss/slideshow-alzheimers-overview)

Where You Live Matters  
[wherelivematters.org/](http://wherelivematters.org/)

<sup>1</sup> [alz.org/northcarolina/documents/dementia\\_conversations\\_tipsheet.pdf](http://alz.org/northcarolina/documents/dementia_conversations_tipsheet.pdf)

\* This piece is not an attempt to diagnose. Consult a healthcare professional.