

IS IT TIME FOR MEMORY CARE?



Alzheimer's disease and other dementias are not included in the definition of "normal aging." **According to alz.org, every 65 seconds, someone in the U.S. develops Alzheimer's disease.** If you think your loved one might need Memory Care, the friendly admissions team at Our Lady of Perpetual Help is here to offer help, guidance, and resources.

Specialized training, careful selection of caregivers, and a resident-focused approach are hallmarks of the Reflections program. Our goal is to enhance resident engagement, provide opportunities for success based on current abilities, and to build positive relationships among residents, families, and caregivers.

Call **495-4211** to learn more about *The Christopher Center*, our specialized memory care community, and the Reflections Memory Care Program.



Our Lady of Perpetual Help

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To help answer this important question, we have developed a checklist of the early signs of dementia that may indicate the need for specialized care.

When memory loss disrupts normal life, it may be a sign of dementia: a chronic brain disease or injury that can cause memory loss and impaired reasoning, as well as other cognitive and behavioral changes.

If you notice one or more of the following symptoms in your loved one, it may be a sign of dementia and you should contact a professional. Real life examples of each change are italicized.

(information source: alz.org)

- A deteriorating ability to plan or solve problems. *Trouble following a familiar recipe or taking much longer to complete a task than usual.*
- Difficulty with familiar tasks. *Inability to remember the rules to a favorite game.*
- Confusion with time or place. *Not knowing the season or forgetting how they got somewhere.*
- Difficulty understanding spatial relationships or images. *Trouble reading or judging the distance between two steps while walking.*
- New problems with words while writing or speaking. *Repeating things they have just said or calling things by the wrong name.*
- Misplacing items or losing the ability to retrace steps. *Putting their car keys in the freezer.*
- Poor judgment. *Wearing sandals when it's snowing outside or writing checks to strangers who ask for money.*
- Withdrawal from social activities. *Declining invitations from friends to go to a favorite restaurant.*
- Changes in mood or personality. *No longer caring about something that was once important to them, or increased irritability or anxiety.*