



PRESBYTERIAN
SENIOR LIVING



**Memory Care
Environments Help Adults
with Alzheimer's Disease
and Dementia Thrive**

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Alzheimer’s disease and similar forms of dementia that cause memory loss can create unique challenges:

- Getting lost going to and coming from familiar places
- Having trouble carrying on a conversation
- Difficulties remembering who friends/family are
- Struggling with tasks that rely on memory or abstract thought
- Feeling angry or fearful without understanding why
- Having problems completing personal care tasks
- Experiencing challenges with manual dexterity or walking
- Being unable to go to sleep or stay asleep

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Signs it may be time to consider moving a loved one with dementia to a memory care community:

- Making repeated mistakes with finances
- Forgetting food that is cooking in the oven or on the stovetop
- Experiencing paranoia, hallucinations, or wandering
- Neglecting or unable to maintain personal hygiene
- Losing or struggling with verbal communication skills
- Unintentional weight loss due to poor nutrition
- Self-isolating due to memory-related difficulties
- Inability or limited ability to control bladder or bowels

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How a memory care program improves quality of life for adults with dementia:

- “Your Journey Forward” training for team members
- Fewer residents and a quieter environment
- Security features to minimize risk of wandering
- Small group and individual programming/activities

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Introduction

When a loved one is diagnosed with Alzheimer's disease or a similar form of dementia, figuring out how to help them live their best quality of life is essential. Despite family members' best efforts, however, this can be difficult to accomplish. For example, understanding and navigating a loved one's unique needs at meal times, so they maintain good nutrition, may be challenging. Also, figuring out how to structure the days so a family member feels productive and independent.

From a secure environment to specialized dining and meaningful activities, a memory care community can be a solution. These specialty programs allow people living with memory impairment to draw from their strengths and remaining abilities, instead of focusing on what's been lost.

Inside this Guide

Living with a memory impairment is tough. As is caring for a loved one diagnosed with one of the diseases that causes it. Because most types of dementia result in physical and emotional changes, it often takes professionally trained caregivers to keep a senior safe and productively engaged. Memory care communities, also known as memory care or dementia care, are designed to meet this need.

Inside this guide, we'll discuss the common challenges memory impairment causes and how memory care communities strive to help residents experience joy, despite these losses. It stems from getting to know each resident as an individual, beginning with their life history.

Challenges of Living with Dementia



Many people have at least a vague understanding of what Alzheimer's disease is and that it's the most common type of dementia. But, if you've never had someone close to you diagnosed with Alzheimer's or another form of dementia, it's easy to feel overwhelmed. Many of the physical and emotional changes the disease causes are unique to people with a memory impairment, so most family members are unfamiliar with them.

Family caregivers frequently struggle to understand what is happening and how to help their loved one

navigate tough days. Sometimes, caregivers grapple with a particular behavior their loved one is exhibiting that seems especially difficult or even embarrassing. They don't realize how common many of these behaviors really are. After caregivers learn more, they often feel a sense of relief, even if they are still struggling to manage the symptom.

If you are wondering what the most common challenges are for a person with Alzheimer's disease and other types of dementia, here are a few that seniors with memory loss commonly encounter:

- Getting lost going to and coming from familiar places
- Having trouble carrying on a conversation
- Difficulties remembering who friends/family are
- Struggling with tasks that rely on memory or abstract thought
- Feeling angry or fearful without understanding why
- Having problems completing personal care tasks
- Experiencing challenges with manual dexterity or walking
- Being unable to go to sleep or stay asleep

Finding ways to manage these challenges in a way that keeps a loved one safe, while also helping them feel productive, can be tough to do. It often leads spouses and adult children to wonder if their family member might enjoy a better quality of life in a memory care community. If that's a question you've been asking yourself, here's what to consider.

The Question Families Often Ask: When Is It Time for a Move?

Safety issues, such as wandering and falls, are red flags that make it easier to recognize it's time for a loved one to transition to a more supportive environment. But there are other, less obvious signs that an older adult might benefit from moving to a memory care community. If a loved one with dementia is experiencing any of these behaviors, it may mean it's time to explore a more supportive environment:

- Making repeated mistakes with finances
- Forgetting food that is cooking in the oven or on the stovetop
- Experiencing paranoia, hallucinations, or wandering
- Neglecting or unable to maintain personal hygiene
- Losing or struggling with verbal communication skills
- Unintentional weight loss due to poor nutrition
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- Inability or limited ability to control bladder or bowels

By working together with the experienced, professional caregivers in a memory care community, such as those at PSL, family members typically find challenges like these are reduced or managed completely.



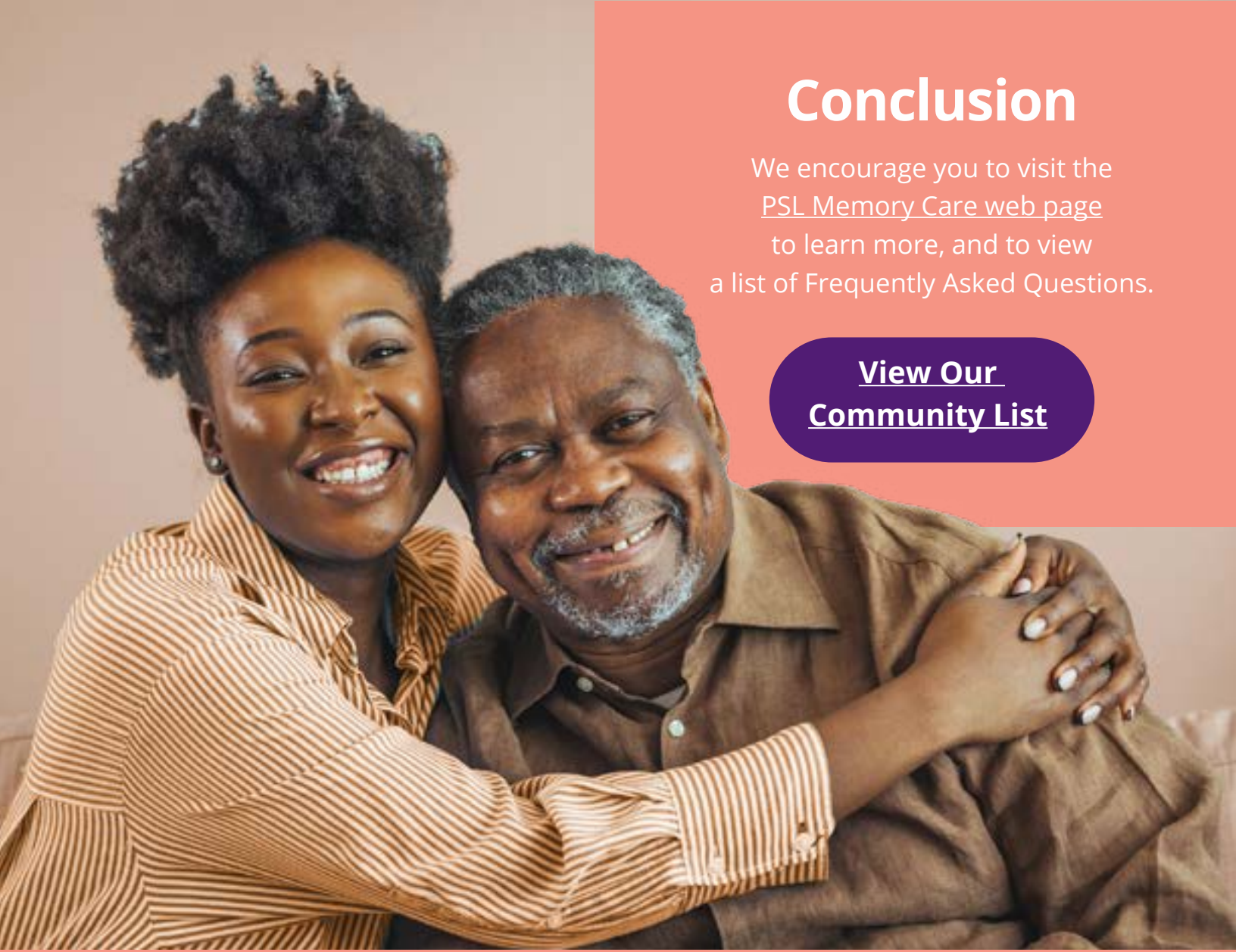
Benefits of Memory Care Programs at PSL

How does a memory care program improve quality of life for adults with dementia? In these thoughtfully designed environments, no detail is overlooked. The standard features found in PSL memory care programs offer a variety of benefits to adults with a memory impairment:

- [“Your Journey Forward”](#) training for PSL team members means residents have caregivers who have undergone additional education to learn more about the unique needs of people with memory impairment.
- Fewer residents and a quieter environment often translate to reduced stress and agitation. This helps with everything from improved sleep to fewer attempts to wander.
- Security features to minimize risk of wandering, a behavior that [60% of adults with Alzheimer’s](#) will experience at some point during their disease. It’s often one of the challenges families struggle with and fear the most.
- Small group and individually based activities offer residents an opportunity to feel productive. The sense of empowerment and belonging this creates is essential for helping a person with dementia live their best life.
- Specialized dining to promote good nutrition. Menus and meal presentations are created to accommodate loss of manual dexterity and vision loss. Dining rooms are designed to minimize noise and other distractions.



It all adds up to a person-centered approach to caring for adults with a memory impairment.



Conclusion

We encourage you to visit the [PSL Memory Care web page](#) to learn more, and to view a list of Frequently Asked Questions.

[View Our
Community List](#)

Schedule a Visit to a PSL Community

The best way to learn more about the services, amenities, programs, and mission of a senior living community is by visiting in person. We invite you to call the PSL community nearest you to schedule a visit today!



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