

Supporting Caregivers  
*of those with*  
Memory Loss



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Providing around-the-clock care at home can take a toll on caregivers like you. Finding a continuing care community that provides memory support and assisted living to fit the needs of your loved one can greatly help.

To find a perfect community for your loved one, you need to establish what is also important for you as the caregiver since you are that primary bond and point of contact.

Ask yourself a series of questions to help you identify the needs of your loved one, as well as determine what kind of support you'll require while balancing your own life.





## What are the Signs Your Loved One Needs Memory Support?

You want to respect your loved one and let them enjoy their independence as much as possible, but you keep having this looming fear in the back of your mind that there's more you could be doing for them. How do you know it's time for additional help?

### **Changes in Their Behavior**

It's important to take notice when a loved one's temperament begins to shift towards increased agitation, irritability, and aggression. If these changes occur more frequently than the occasional bad day, it could be a sign that they are in need of help.

### **They Seem Confused and Disoriented**

This may seem like an obvious clue, but it's still alarming for you as the caregiver to witness your loved one lose their keen senses and constantly question everything, from their surroundings and schedule to key memories and people.

### **They Struggle on Mental Exams**

Whether it's a simple or extensive mental test that you or their doctor have administered, if your loved one cannot score well on simple brain games and questions, consider other things that they may not be able to perceive without assistance.

### **Living in Unfit Conditions**

If, upon visiting your loved one's home, you find that food is expired, chores are incomplete, and the place is beginning to smell and collect dust, then it's a sign they need extra assistance.



## **Overall Failing Health**

Something life-changing can come up, like a chronic or debilitating illness, or even the simple fact that we all age and become more vulnerable to sickness and injuries. Isn't it easier and more comfortable to recover or, at the very least, carry on every day with the help of a support system rather than on your own?

## **They are Unsafe Living Alone**

Maybe an incident happened recently where an alarm didn't go off or your loved one didn't respond to it properly. Or maybe you've noticed more bruises on them from bumping into things and now they've had a fall with no one there to help. Perhaps they haven't been feeding themselves right or at all and haven't cared for their personal hygiene. These are all indicators that living alone may not be the safest option for them.

## **The Caregiver is Stressed**

A sure way to know it's time for memory support is if you, as the caregiver, can't trust that your loved one is capable of taking care of themselves. Once you start feeling stressed (or experience even more than usual) over caring for your loved one on top of supporting your own needs, it's time to consider Memory Support Assisted Living options.

If you notice that a loved one is showing signs of memory loss, such as feeling depressed or isolated, it may be necessary to suggest the idea of memory care. Even if they initially resist the idea, the benefits of a supportive community will outweigh any hesitation.





## What Could Memory Support Look Like?

After identifying the need for memory support, you probably want to know what that could entail.

### **Memory Support**

Memory Support provides a secure, 24/7 care environment featuring private rooms, common areas for gatherings and activities, and smaller, more intimate areas for quiet reflection and casual conversation.

### **Assisted Living**

Assisted living apartments offer 24-hour health care monitoring and escorts around campus, opportunities to socialize and participate in enrichment programs, and amenities like bathrooms designed for safety and security.

### **Continuum of Care**

Some senior living communities provide a complete continuum of care for every stage of life, so your loved one will never have to move out or find a new place to accommodate their change in needs.

### **Dementia Training**

There are specialized dementia care trainings, like CARES, that senior living associates get certified in to best serve residents with dementia, and caregivers can partake in to feel more equipped to understand their loved ones.





## How Does Memory Support Help You as a Caregiver?

When you receive the support you need as a caregiver, you'll feel empowered to continue living your life with your valuable time back while having a healthy relationship with your loved one. You'll also receive access to resources and support groups that can connect you with people in similar situations and help you in whatever way you need. And when you have access to the programs mentioned above, you'll learn tips and tricks you can implement to make sure your mind is sharp and your home is safe.

## Caregiver Resources

While your loved one is receiving the help they need in a supportive community, you deserve access to resources for caregivers. Your role in their life doesn't stop once they get the care they need, and it can be stressful coping with good and bad days.

You can access insights, tips, and tools for helping you navigate your continuing care options [here](#).



## Next Step

Now that you've started the conversation, you will need to develop a plan of action to follow through with the decisions made. You can also learn more about assisted living [here](#).

### Research Local Options and Arrange a Tour

The next natural step in the process is to start looking at your local options. Visit websites, request information, and look at floor plans. When you tour, take your [checklist](#) with you so you can review together afterward. You can schedule a tour for the LEC campus that interests you [here](#).

Counseling can be very helpful when making big decisions. Whether it's a trusted counselor or clergy, having someone willing to help support you mentally, emotionally, and spiritually is good practice.

Now that you've learned what you need to know about getting your loved one support, it's time to contact a professional.

### Ready for the Next Step?

Check out our other resources [here](#) to help you and your family age well.





**Life Enriching Communities** owns and operates six senior living communities:

### **CINCINNATI AREA**

- Twin Towers, College Hill: **513-853-2000**
- Twin Lakes, Montgomery: **513-247-1300**
- Confident Living, Tri-State Area: **513-719-3522**

### **CLEVELAND AREA**

- Concord Reserve, Westlake: **440-961-3700**

### **COLUMBUS AREA**

- Wesley Glen, Clintonville: **614-888-7492**
- Wesley Ridge, Reynoldsburg: **614-759-0023**
- Wesley Woods, New Albany: **614-656-4100**
- Wesley Hospice, Central Ohio: **614-451-6700**

**For additional  
resources, visit  
us online at:  
[www.lec.org](http://www.lec.org)**

