

What to Look for
in
Memory Care

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After a long time of worrying over your loved one and confirming their memory loss diagnosis, you're ready to find the right memory support and living option for them. Finding the right continuing care community to help manage your needs and provide quality care for your loved one is the next big step.

There are many factors you have to consider that are going to affect your decision for the ideal continuing care community. You'll have to take your loved one's wants and needs into consideration and ask yourself what is also important for you as a caregiver.

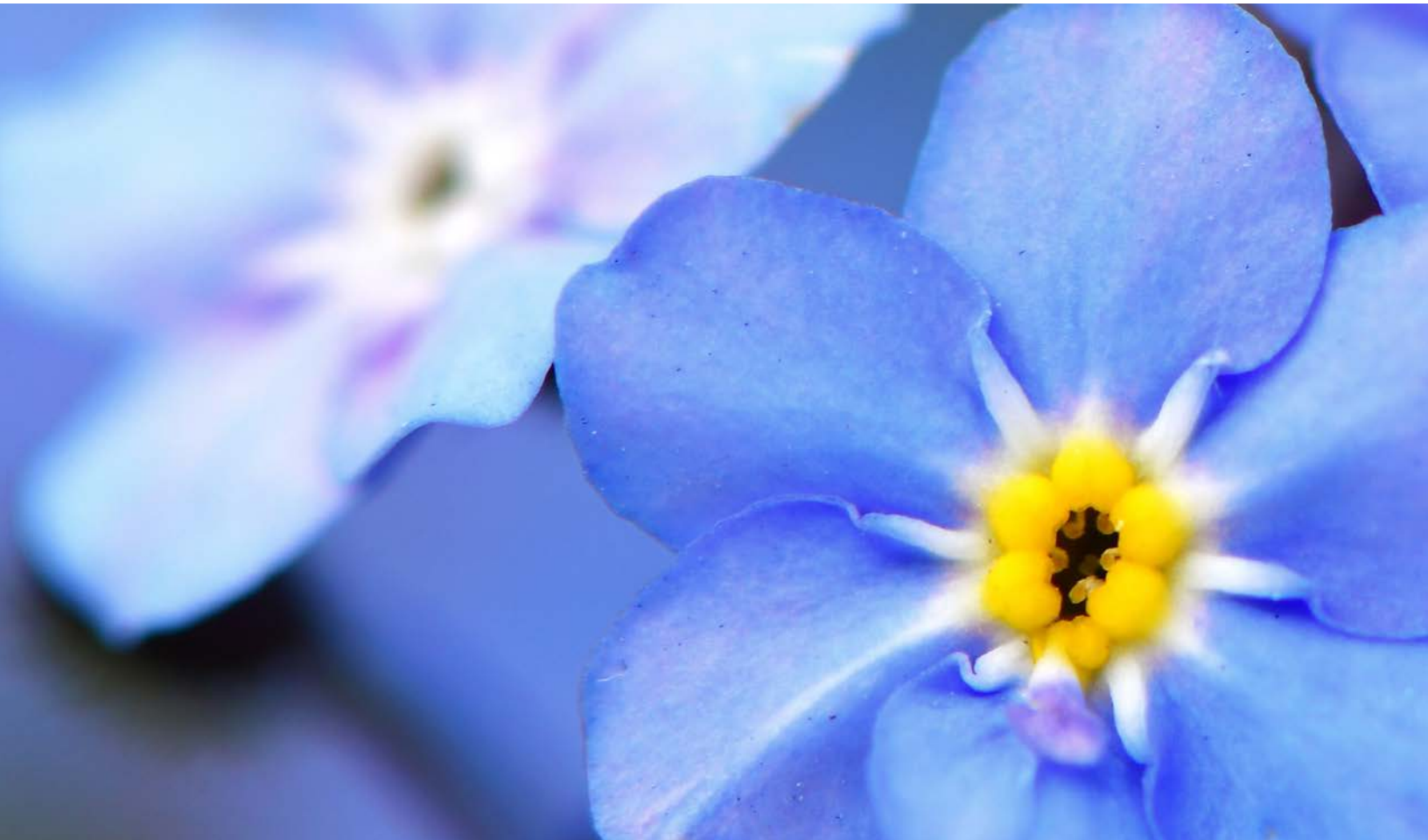


What are Memory Support *and* Assisted Living

Memory care is specialized care for people living with memory loss like Alzheimer's and dementia, and assisted living offers more support with activities of daily living, such as meals, housekeeping, medication management, and personal hygiene. Continuing care retirement communities are often equipped to have everything you need and more in memory support and assisted living options, including:

- Accessibility and safety
- Associate training and certifications
- Variety and simplicity in layouts, floorplans, and outdoor spaces

When a loved one is living with a memory impairment and can't live independently anymore, the caregiver might struggle to balance their caregiving responsibilities with their personal life. This is why caregivers like you often need the proper care and support of a life-enriching community to provide for all your loved one's needs, so you can go back to being that special person in their life.



Ideal Living Checklist

Now that you've settled on finding a continuing care retirement community, you'll need to establish a checklist of everything you and your loved one need. Combining you and your loved one's needs ensures the right care for you and your family, flexible opportunities to stay connected, and the freedom to have your time and energy back, guilt-free. Here is a helpful list to encompass all the things you and your loved one are looking for:

- Accessibility, Safety, and Security Measures:** The community should have accessibility and safety measures in place, such as railings and signs, as well as security precautions to ensure no unsafe visitors enter and no one goes missing.
- Accreditation and Appearance:** Certifications and licenses the staff and community hold and the community's overall cleanliness and order might be things to consider for you, especially when touring.
- Activities, Events, and Programs:** Depending on your loved one's interests and personality, they'll want to have certain social, recreational, and volunteer opportunities available.
- Amenities and Services:** You'll have to decide what amenities and services like dining and meals, transportation, gardens, exercise, health, wellness, housekeeping, swimming pools, libraries, salons, and medication management are must-haves and nice-to-haves.
- Community Culture and Lifestyle:** Wherever your loved one lives, it'll be a comfort to you knowing that the people around them are friendly, supportive, and looking to engage in enriching opportunities.
- Cost and Financial Plans:** Depending on long-term care savings, insurance, and veteran benefits, you might have a limited start to your options. Researching financial plans and how they affect the monthly bill can broaden your options.
- Levels of Care:** Flexibility is key for you as a caregiver when finding a home for your loved one, and knowing a continuing care community is able to pivot with you when your needs change could make the biggest difference.
- Location and Size:** You'll want to find a community within driving distance for you if you plan to visit a lot. You'll also have to decide if you and your loved one prefer being closer to the city or the country. And the size of the community often reflects more or less services and room, which is also something to think about based on preference.
- Staff and Management:** Staff-to-resident ratio and the mode of operations could be of interest to you.





Tour Questions

Once you've established your checklist and narrowed down some living options that fit you and your loved one's wants and needs, you'll want to go on some tours to finalize your decision. When you go on a tour, there are many questions you should consider asking for clarity in your decision-making, like:

- What kind of training and accreditation does your staff complete?
- How many staff members care for each resident, and what is the staff-to-resident ratio?
- Do you have nurses, an in-house physician, or medical director on staff?
- What security and safety measures do you have in place?
- What amenities and services are offered?
- Do you have staff on-site 24/7?
- How are medications handled?
- What is the cost to live here, and what does it cover?
- Do you offer hospice or end-of-life care?
- What additional care is available if needs change while living here?
- What kind of meal services and dining options do you offer?
- What types of activities, events, and programs are available?
- Do you allow family and friend visits, volunteer opportunities, and participation in social activities?

After your tour, you'll want to see if you and your loved one are on the same page about your options. Ask them questions like:

- Did you feel welcomed and like the staff?
- What did you like, and what didn't you like?
- Which space would you like to live in, and how would you decorate it?
- Would you feel comfortable and at home here?
- Would you like to dine here every day?
- Would you like to make friends here?
- What activities, events, and programs would you like to join?
- Would you use the amenities provided?
- Is there anything you wish they had done or did differently?

Your search for the right living option doesn't have to be scary. 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 help, it's time to contact a professional.

Ready for the Next Step?

Check out our other resources at lec.org/resources to help you and your family age well.





Life Enriching Communities owns and operates six senior living communities (CCRCs)...

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**



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