



# IS MEMORY CARE IS RIGHT FOR YOUR LOVED ONE?

When dealing with cognitive impairments, such as Alzheimer's and other forms of Dementia, advanced specialized care is critical, it is essential to your loved one's quality of life and safety, while providing peace of mind to the family. It is a comfortable, safe and secure environment to provide the level of care that your loved one needs while providing support to the family.

Memory care communities are equipped to help your loved one adapt, as their condition and needs change. Their customized environments and activities are geared to provide less anxiety and agitation for each resident, as well as offering services to meet their needs in a secure care-oriented environment.

When looking for a memory care community right for your loved one, it is best to get information and tour your top options. In order to prepare, compile a list of concerns and questions to better understand if that specific community will be a good fit for you and your loved one. Check with family members, friends, and even physician to get input and any recommendations, while keeping in mind your loved one's personality and lifetime habits.

## YOU MAY HAVE YOUR OWN QUESTIONS, BUT HERE ARE SOME SUGGESTIONS:

- How is a specialized care "unit" different from a memory care facility?
- What types of staff certifications or training are mandatory? Who is monitoring this?
- What are the types of personal care provided?
- What will my loved one be doing all day?
- What activities are available that may help brain health? (Physical exercise, reminiscence therapy, puzzles)
- Do you provide a package pricing? What does that include or exclude?
- Is medical assistance available on site?
- How far is the hospital?
- How do I get my loved one to see the primary care Dr. or specialist?
- Walk me through what happens if my loved one has an emergency.
- How am I notified regarding my loved ones well being or changes in their condition?
- Can I visit when I want?
- Are rooms semi-private or private? What is the price difference?
- What types of meals are provided? Do they accommodate special diets eg. diabetic or vegan diets?
- How often are the housekeeping and laundry services provided?
- How do you manage a changing cognitive level?
- Will my loved one feel lonely?
- How do you provide that family, home comfort?
- What is done to ensure my loved one's safety?
- Does the facility offer special care units? (Diabetic care, mobility therapy, wandering, physical aggressiveness)
- What is the discharge policy?

GIVE US A CALL TODAY TO FIND OUT IF SUNDARA MEMORY CARE IS RIGHT FOR YOUR FAMILY.