



IS IT TIME?

There are currently 16.1 million Americans providing unpaid care to a loved one with dementia. Most families want to keep their loved one in the home for as long as possible but as the disease progresses it can become physically and emotionally exhausting to the caregiver and the rest of the family. Many times a crisis can occur, such as a fall or other accident leaving caregivers feeling helpless in the ability to care for their loved one without help.

When families first come in to Sundara the question we hear most often is, "When Will it be Time for Memory Care?" The short answer is when the person becomes a danger to themselves or others. However because dementia is a progressive disease there can be signs that you can watch for to help you and your family determine when the right time for long-term care is, before a crisis occurs.

HOW WILL I KNOW WHEN HOME IS NO LONGER THE PROPER ENVIRONMENT FOR MY LOVED ONE WITH DEMENTS?

The following are warning signs of the progression of dementia based on many years of working in the industry. These warning signs are not to be mistaken as medical advice. Please consult with your family's doctor if you have questions and concerns about your loved one.

- Has your parent/loved one left the home and become lost?
- Is your parent/loved one safe being alone at home?
- Would your parent/loved one answer a phone call or the door unable to discern if the person was a scammer
- Would your parent/loved one know not to give personal information to callers on the phone?
- Does your parent/loved one mix-up certain objects or tasks? Meaning, have you found the iron in the freezer, using ointment for toothpaste, waking up from an afternoon nap thinking its morning, or leaves the stove on?
- Does your parent/loved one have the ability to keep up correctly with finances?

The needs of people with serious memory issues require a specialized environment. Your loved one's quality of life depends on getting this right. Larger, louder facilities with more bells and whistles can often be a detriment to what this population actually needs. Sundara is intentionally designed to offer what's important while removing the things that cause undo anxiety, agitation and confusion. When home is no longer the best environment, choose a place designed specifically with her in mind.

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