



Tips for Encouraging Independence to Boost Your Loved One's Confidence and Well-Being

Professional sources of Alzheimer's research and therapeutic expertise such as the **Alzheimer's Association**, the **Mayo Clinic** and **Dementia Today**, suggest the following ways you can support your loved one's independence at home in order to improve their confidence, emotional state and overall well-being:

- **Create a Safe Home Environment** – You can modify the home environment to encourage and support your loved one's independence while also assuring their safety. The article, "[Home Safety Tips: Preparing for Alzheimer's Caregiving](#)" provides several useful tips that begin with conducting a thorough home safety assessment.
- **Encourage Involvement in Basic Daily Activities** – Supporting your loved one's normal activities that represent their preferred lifestyle and daily experiences are very important, as they provide a sense of usefulness, purpose, pleasure and achievement.
- **Promote Exercise and Physical Activity** – Your loved one will be able to function at a higher level longer if they engage in activities that help maintain their strength, flexibility and balance. Encourage some form of physical activity on a daily basis, such as walking or simple exercises.
- **Try "Holistic" Therapies** – Therapies that utilize art, drawing, music, pets and reminiscence are endorsed by the Alzheimer's Association and have proven to help loved ones to reconnect with the good times in their life, feel a sense of accomplishment and reduce agitation.
- **Support Normal Eating Routines** – Assist your loved one in being as independent as possible during meals, especially during the middle and later stages of Alzheimer's. To support their limited abilities, you can serve food in a bowl instead of on a plate, or even let them use their hands if that is easier for them. You can also serve them bite-sized foods that are easy to pick up.
- **Emphasize the Positive (i.e. focus on what they *can* do)** – Even as Alzheimer's progresses, there may still be some activities your loved one can continue to do on their own. Continue to encourage them even if they can only complete a part of the task by themselves.

North Woods Village at Edison Lakes is the area's first, single-purpose, residential [Memory Care Assisted Living Community](#) (MCAL) dedicated to caring for those with Alzheimer's disease, dementia and other memory impairments as well as providing education, support and resources to area caregivers and their families. The unique, [purpose-built architectural design](#) of **North Woods Village at Edison Lakes** is one element of "[NEW DIRECTIONS](#)"SM the community's signature memory care program that provides the optimal balance of loving care, dignified support, social engagement, wellness and independence.

For more information on **North Woods Village at Edison Lakes** and our [Caregiver Education & Support Calendar](#), please [contact us](#) today!

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