



## Expert Tips for Caregivers: How to Recognize Signs that Your Loved One Needs Residential Memory Care

Because of the progressive nature of Alzheimer's disease and other forms of dementia, it can be difficult for caregivers to gauge when their loved one has reached the point of requiring professional support for their physical and emotional well-being. **The Alzheimer's Association** article on **"Residential Care"** provides a list of useful indicators that can help you determine if the time is right for a Residential Memory Care Community. They recommend that you ask yourself the following important questions:

- Are your loved one's care needs progressing beyond your physical abilities?
- Is your loved one becoming unsafe in their current home? Do they have difficulty climbing stairs, toileting, and bathing? Are they at risk of falling?
- Is the health of your loved one or your health as a caregiver at risk? Have symptoms of the disease progressed to the point where they are becoming very challenging for you to manage in the home, (e.g. incontinence, dehydration, aggression, paranoia and wandering)?
- Are you becoming a stressed, irritable and impatient caregiver? Are you feeling depressed, hopeless and having trouble sleeping?
- Are you neglecting your work responsibilities, your family and yourself?
- Would the professional care, support services and social interaction at a residential memory care community benefit your loved one with dementia?

Even if you've prepared for an eventual move for your loved one, making the actual decision can be a highly emotional one that creates a sense of guilt and indecision. Therefore, experts say it is important to be objective and to stay focused on your loved one's best interests – their safety, comfort and overall well-being. As difficult as the decision can be, most caregivers find relief in knowing that memory care assisted living is often the kindest and most caring choice they can make to assure their loved one receives the quality of care they need in a supportive and respectful environment. Caregivers then have the freedom to spend quality time with their loved one on their own terms without the burdens and demands that come with full-time caregiving.

**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<sup>SM</sup>](#)" 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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