

Could your loved one benefit from **memory care**?

This checklist can help you recognize the signs of memory loss and determine if memory care could be right for your loved one.

My loved one...

- Moves about freely or explores, but does not always have a destination in mind, recognize their location, or have the ability to remain safe or return home on their own.
- Has a primary diagnosis of dementia or related disease such as Alzheimer's.
- Would benefit from way-finding cues such as colors, signs, or images to assist with orientation.
- Has poor judgement skills and can no longer assess for themselves what is safe.
- Has difficulty with muscle movement or coordination. For example, failing to catch a ball, or reaching for an item and missing.
- Needs support with everyday activities including sleeping, walking, grooming, hygiene, dressing, and eating.
- Demonstrates inconsistent actions or expressions throughout the day.
- Struggles to retain focus and attention, particularly in the afternoon and evening.
- Would benefit from activities and programs to maintain a sense of purpose and independence.
- Has difficulty expressing their needs and wants verbally.
- Would benefit from personalized, one-on-one attention in order to complete tasks and activities.

If you checked any of these boxes, memory care may be a good option for your loved one. **Contact us today to learn more and discuss your specific needs.**