

IS IT TIME FOR MEMORY CARE?

Family Guide



How do you know when it's the "right time" for memory care?

When does normal forgetfulness become something more?

To help answer these important questions, we have developed a helpful checklist of the early signs of dementia.

We understand that memory loss can be a challenging and sensitive matter for any family and we are here to help. We encourage you to reach out to our expert team or a medical professional if you notice one or more of the following symptoms in your loved one. It may mean that it is time for specialized memory care. *Real life examples of each change are italicized.* (information source: alz.org)



MENNOWOOD
RETIREMENT COMMUNITY

- ☐ A deteriorating ability to plan or solve problems. *Trouble following a familiar recipe or taking much longer to complete a task than usual.*
- ☐ Poor judgment. *Wearing sandals when it's snowing outside or writing checks to strangers who ask for money.*
- ☐ Difficulty understanding spatial relationships or images. *Trouble reading or judging the distance between two steps while walking.*
- ☐ New problems with words while writing or speaking. *Repeating things they have just said or calling things by the wrong name.*
- ☐ Difficulty with familiar tasks. *Inability to remember the rules to a favorite game.*
- ☐ Misplacing items or losing the ability to retrace steps. *Putting their car keys in the freezer.*
- ☐ Confusion with time or place. *Not knowing the season or forgetting how they got somewhere.*
- ☐ Withdrawal from social activities. *Declining invitations from friends to go to a favorite restaurant.*
- ☐ Changes in mood or personality. *No longer caring about something that was once important to them, or increased irritability or anxiety.*

OUR PROGRAM

Our memory care program is thoughtfully designed to meet the unique needs of residents with memory loss due to Alzheimer’s disease or other forms of dementia.

A secure environment, careful selection of caregivers, and a resident-focused approach are hallmarks of our program. Daily routines incorporate therapeutic activities such as reminiscence programs, music and art experiences, pet therapy, and sensory-based activities, which help to enhance engagement.

We work closely with loved ones to ensure residents receive consistent, individualized care while fostering family relationships that bring comfort and peace of mind.



LET US BE YOUR RESOURCE!

If you think your loved one might need memory care, the friendly admissions team at Mennowood is here to offer help, guidance, and support. Reach out today.

757-249-0355 | mennowood.com
13030 Warwick Boulevard | Newport News, VA



MENNOWOOD
RETIREMENT COMMUNITY

NOTES

