



When to consider memory care.

We all want our memory to stay sharp. While a certain amount of forgetfulness is normal in the aging process, symptoms of significant confusion or profound forgetfulness suggest a more serious concern.

Atria's care staff is trained to observe differences in our residents' behavior and appearance. However, since you have known them longer and see them during different times and circumstances, we encourage you to make note of anything new or unusual and share it with us.

Let's work together to continue providing the best plan of care for your family member. It's important to their quality of life and your peace of mind.

See inside for some common warning signs of Alzheimer's and other forms of dementia along with recommendations on what to do next. Please contact our Executive Director with any questions.

Atria
SENIOR LIVING

Early

- Short-term forgetfulness or occasionally forgetting family members' names or what day it is
- Noticeable changes in their personality
- Changes in their normal routines and behaviors, such as:
 - Forgetting to sign out of the community
 - Wearing the same clothes every day or clothes that don't match
 - Paying less attention to personal hygiene; not bathing as often
 - Not paying bills on time or at all
 - Spending more time alone in their apartment; not attending as many events
 - Unusual clutter or mess in their apartment

Advanced

- An increase in any of the early signs
- Misplacing valued items such as a pocketbook or jewelry
- Increased depression in those who find it difficult to socialize with friends or participate in activities they once enjoyed
- Difficulty finding the right words at times
- Asking the same questions repeatedly
- A decline in personal hygiene
- Difficulty navigating the menu during meals
- Struggling to complete steps in order for any given task

Delaying the transition to specialized memory care can lead to critical events.

- Poor hygiene may lead to infections
- Wandering or leaving the community may result in your family member not being able to find their way home
- Increased depression often occurs in those who no longer recognize their family and friends or refuse to leave their home
- Significant changes in diet may lead to malnutrition or dehydration
- Identity theft and elder abuse often occur when decision-making ability is impaired
- Resistance to taking medications can lead to greater health problems

See your doctor or a specialist.

A primary care physician can refer you to a specialist, who will determine if your family member's behavior is indeed early Alzheimer's or some other form of dementia. If the specialist confirms dementia, rest assured that, with proper guidance and supervision, your family member can get their life back and be social, creative and active again.

Transitioning to an atmosphere rich in socialization enhances safety and improves quality of life.

As dementia progresses, your family member may struggle in their current environment. By moving him or her to a smaller, more structured setting with highly personalized care and activities involving their peers, Atria can help your family member regain a sense of control and accomplishment while ensuring their safety.

Caregivers in Atria's Life Guidance® memory care neighborhood are extensively trained in innovative dementia care techniques. They learn each resident's life story to build friendship and offer encouragement. When help is needed with personal care or other concerns, staff gently step in and offer discreet assistance.

As a family member, you won't travel this journey alone; Atria offers support groups, family education and partnership. You can continue to be involved in their life and visit as often as you like, while Atria handles the difficult things to help make your family's life better.

Families are advised to obtain the appropriate legal authority to act on their family member's behalf.

- A trust that allows a responsible party to manage a person's assets
- A durable power of attorney for making financial decisions
- A separate power of attorney for dealing with healthcare decisions
- An advanced healthcare directive allowing someone to specify or communicate the individual's wishes for treatment on their behalf