



Is It Time To Consider Memory Care?:

A GUIDE TO ALZHEIMER'S AND DEMENTIA CARE

More than [5 million Americans](#) are living with Alzheimer's disease and other forms of dementia. As the population of Americans over the age of 65 is projected to increase in the coming years, this number is expected to triple by the year 2050.

Even though more Americans and their families are affected by dementia-related illnesses, there is a lack of information regarding **memory care** and its purpose. After receiving a diagnosis, families often feel overwhelmed and thrown into making care decisions when they may not be aware of all their options and the resources available.

[Senior Solutions Management Group](#), with **memory care** communities throughout Tennessee, Georgia, South Carolina, and Louisiana, has created this resource to provide a better understanding of memory impairments and when it could be time to consider additional care options and resources.

Understanding Memory Care Needs

WHAT IS DEMENTIA?

“Dementia is an overall term for diseases and conditions characterized by a decline in memory, language, problem-solving, and other thinking skills that affect a person's ability to perform everyday activities ([Alzheimer's Association](#)).” Dementia is not a specific disease but rather the collective symptoms of cognitive decline.

While most cases of dementia are caused by progressive brain cell degeneration, some forms can be brought on by a stroke, brain tumor, or a traumatic brain injury.

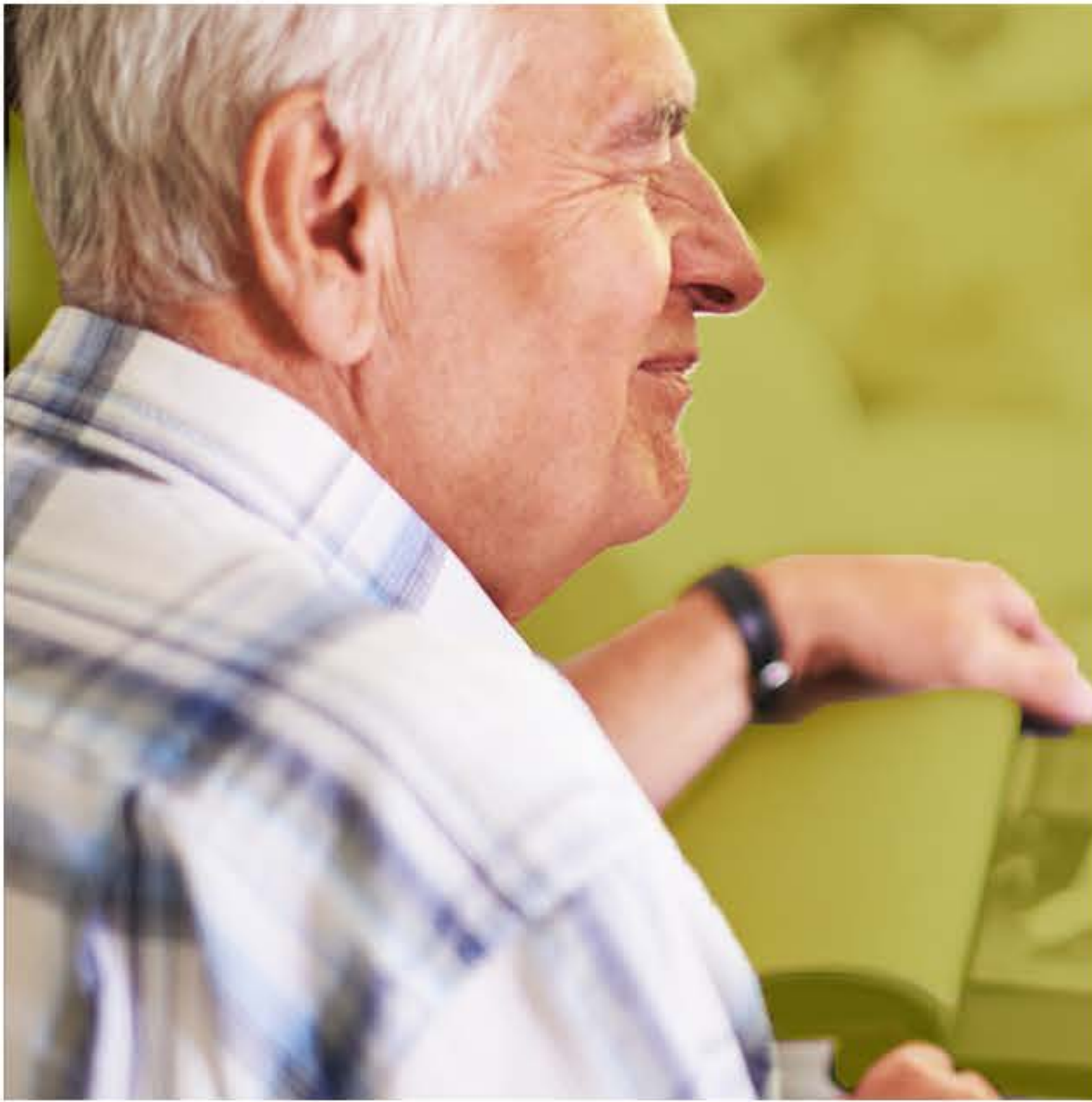
WHAT IS ALZHEIMER'S DISEASE?

“Alzheimer's disease is a type of dementia that causes problems with memory, thinking, and behavior ([Alzheimer's Association](#)).” While scientists don't fully understand the exact causes of Alzheimer's, most believe that it's a combination of elements including age, family and genetic history, and certain lifestyle factors.

Did you know?

Alzheimer's disease makes up about 70% of all dementia cases.





EARLY SIGNS AND SYMPTOMS OF ALZHEIMER'S DISEASE AND OTHER FORMS OF DEMENTIA CAN INCLUDE:

- Forgetting recently learned information, like names and important news
- Difficulty communicating a thought or repeating information
- Struggling to complete daily, familiar tasks, like writing a shopping list
- Misplacing commonly used items
- Confusion with time or place



AS THE CONDITION PROGRESSES, SYMPTOMS CAN WORSEN AND MAY INCLUDE:

- Increased inability to complete daily tasks
- Difficulty swallowing and eating
- Changes in sleep patterns
- Frequent mood swings or becoming irritable and frustrated more easily
- Wandering alone and becoming lost

Alzheimer's is NOT a natural part of aging.

Many people experience issues with memory or forgetfulness; this does NOT mean they have Alzheimer's. If you or someone you know is experiencing symptoms of dementia, it is best to visit a doctor so the cause can be determined.



Caring for Someone with Dementia

[83% of all senior caregiving](#) comes from family members or close friends, but the reasons for this vary. Some may want to keep their loved one at home, some may feel a sense of obligation to care for their family member, while others simply do not know their options or the resources available to them.

Did you know more than 18.5 billion hours of **informal care** were provided by Alzheimer's and other dementia caregivers in 2018? (Alzheimer's Association, 2019)

Being a family caregiver can be a rewarding experience, but it can also be stressful, overwhelming, and emotional. As Alzheimer's advances into the later stages, symptoms can become challenging to manage for an untrained caregiver. With the progression of the disease, individuals living with Alzheimer's may not even be able to communicate their symptoms or needs, leaving caregivers unequipped to deliver the best care possible.

SIGNS IT MAY BE TIME TO CONSIDER CARE

Knowing when to transition from family caregiving to professional care can be one of the best decisions to make for your family. Considering care at the right time can prevent [caregiver burnout](#), maintain family relationships, and even slow down the progression of the disease.

It could be time for care beyond the family if your loved one with Alzheimer's or related dementia exhibits any of the following signs:

- Unable to complete routine daily tasks, like preparing a meal or grooming themselves
- Increased tendency to wander off alone
- More frequent confusion that could lead to their physical safety
- Heightened anxiety or anger
- Recurrent visits to the hospital or ER
- Rapid weight loss
- A general decline in the wellbeing of the caregiver ([caregiver burnout](#))

It can be difficult to make this transition, but, ultimately, it will be valuable for both caregivers and those they care for. **Memory care** communities and neighborhoods are specifically designed to focus on symptoms of memory loss, Alzheimer's, and other forms of dementia while providing the best quality of life possible.

What is Memory Care?

Memory care can be extremely beneficial to those living with Alzheimer's and related dementia. [Memory care services](#), like those offered at our Senior Solutions Management Group communities, provide specific features and amenities that cater to the unique needs of those living with these conditions. For example, **memory care** neighborhoods are equipped with heightened security measures to ensure the safety of residents who are prone to wander alone. Others may include purposefully designed building elements to aid in easier navigation and reduce frustration.

Another unique feature of **memory care** is the specialized care provided by the staff and caregivers. Those working in **memory care** communities receive specialized training tailored to the needs of Alzheimer's and other dementias throughout the early, middle, and late stages of each condition.

Memory care services cater to multiple types of memory impairments, not just Alzheimer's disease. Those living with conditions like Parkinson's, Huntington's, and other syndromes may find memory care neighborhoods beneficial, as well.

In addition to these unique features and care, **memory care** neighborhoods allow residents to establish a routine, build trust, and live in a community without the stresses of home upkeep.



Memory Care Offered By Senior Solutions Management Group Communities

[Senior Solutions Management Group](#) offers **memory care** neighborhoods and programs intended for older adults that are experiencing Alzheimer's, other forms of dementia, or memory impairments. Our **memory care** program, called The Retreat, is specifically designed to cater to the needs of individuals with memory conditions.

WHY THE RETREAT?

The Retreat is an ideal solution for families who think it's time for that additional layer of care and support for their loved one living with Alzheimer's disease or other memory impairments. With communities in Georgia, South Carolina, Louisiana, and Tennessee, The Retreat aims to cater to you and your family wherever you live.



A World-Class Approach: At The Retreat, we are committed to providing the most comprehensive and compassionate care available. We believe that before highlighting luxury services and amenities, we first ensure that your loved one is properly cared for, healthy, and safe in a community they love to live in.



Extensive Training: Each member of our **memory care** team completes significant training to meet the unique physical, emotional, and social needs of every resident. Using evidence-based programming, our staff is prepared for the most challenging and singular situations—ensuring safety and engagement for your loved one.



Personalized Care: Our care teams work with residents to customize their services and offer an exceptional **memory care** experience catered to every unique need. We guarantee that your family member will receive around-the-clock care, as well as be encouraged to achieve personal goals and accomplishments.

LIFE AT THE RETREAT

Our [Senior Solutions Management Group](#) communities vary in services, amenities, and location, so it's important to take time and research which community is right for you and your family. Below is a list of services that our **memory care** communities offer, but please check with [each community](#) for individual services and amenities.



- Memory stimulating activities
- Private and shared suite options
- Wellness programs
- Personalized care assistance
- Nutritious meal and snack options, with alternatives
- Housekeeping and laundry services
- Emergency response system
- Pet friendly
- Monthly activity and social calendar
- Transportation for local errands or appointments
- Maintenance of apartments and grounds
- Physician and nurse oversight
- Library, TV, and lounge area
- Barber and beauty salons



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At [Senior Solutions Management Group](#), we understand how challenging it can be to have a family member living with Alzheimer's disease and related dementia. It is an emotional experience to watch a parent or family member forget precious moments or lose the ability to communicate properly. Beyond this, becoming a caregiver comes with its own challenges, and can become overwhelming, especially for those who may also be balancing work, family roles, and other responsibilities.

If you're a family caregiver struggling to decide the best way to move forward, know that you're not alone. Our team of expertly-trained and compassionate caregivers will help you navigate through the journey of choosing the right care for your loved one. We work closely with you, your loved one, physicians, and other family members to establish a comprehensive plan of care. Our **memory care** communities provide specialized care in a safe, engaging environment. You can ensure that not only does your loved one have all the tools available for the best quality of life possible, but that they are treated like family.

If you are interested in **memory care** services with Senior Solutions Management Group, we encourage you to [contact one of our communities](#) throughout Georgia, South Carolina, Louisiana, and Tennessee.

We are happy to answer any questions you may have - whether you choose to live with us or not.