

# Impressions

## MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

### Memory Care Tips: Celebrating Milestones and Encouraging Independence

The **Alzheimer's Association** and the **Mayo Clinic** encourage caregivers to celebrate their loved ones small successes and create activities for them based on their personal interests. This can help to reduce their symptoms of depression, soothe agitation and provide moments of pleasure. You don't have to wait for holidays, birthdays or other calendar-related milestones to celebrate. Instead, look for the precious things that occur in everyday life.

Based on the advice above, try to tailor your loved one's daily experiences. For example:

- Develop a list of the activities that connect with the things your loved one enjoyed most in their life and try to include them in your regular care plan.
- Include your loved one in important family events such as the birth of a baby or the wedding of a grandchild. Even if they are unable to attend the event, you can still create a special occasion around it for them with cake and punch. This enables them to celebrate the moment and feel a part of it.
- Take a walk or exercise together. It's another way of having fun and promoting your loved one's physical and emotional well-being.
- Utilize "holistic therapies" that have proven to be effective in reconnecting with loved ones and providing them with an opportunity for personal expression. Examples include listening to favorite music from their younger days; looking through old photo albums together; painting and drawing pictures of favorite things; and visiting with a pet.
- For those whose religion has been an integral part of their lives, spiritual activities can also provide calm and positive stimulation. Many people with Alzheimer's disease enjoy singing hymns or having scripture read to them, especially when attending church services is not possible. Alzheimer's research contains documented cases of people who no longer speak, but are able to sing the complete versions of their favorite hymns.

#### Engaging Days. Meaningful Moments.

Loved ones with Alzheimer's disease or other memory impairments require [specialized care](#) and support. They also deserve a lifestyle rich in dignity and fulfillment.

**Impressions Memory Care at Bryn Mawr** provides residents with *Engaging Days* and *Meaningful Moments* that [emphasize individual abilities](#), encourage [socialization](#) and promote the highest level of independence possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

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If and when the time comes to seek additional help, place your trust in **Impressions Memory Care at Bryn Mawr**. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again. For more information, please call **Sharon** at **(484) 380-5404**, or [contact us](#) online.

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