

# Impressions

## MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

### Tips for Coping with the Effects of Changing Environments on Your Loved One with Memory Loss

Changes in a loved one with memory loss's surroundings, such as moving to a new home, frequently play a role in triggering challenging behavioral symptoms such as irritability, anxiety, anger, agitation and aggression. Fortunately, there are useful suggestions that you can follow to help your loved one cope with common environmental changes in a more relaxed and healthy way. Suggestions include:

- **Eliminate or reduce stress-producing triggers** – Noise, glare and background distraction (such as having the television on) can act as triggers.
- **Monitor their personal comfort** – Make sure the room is at a comfortable temperature. Check for pain, hunger, thirst, constipation, full bladder, fatigue, infections and skin irritation.
- **Create a sense of calm** – Remove stressors and clutter. Evaluate whether the living space is too loud and chaotic.
- **Encourage social engagement** – Provide transportation and access to social activities.
- **Offer a security object** – Provide a favorite blanket, a Bible, or anything comforting that your loved one enjoys holding or being near.
- **Provide opportunities to exercise** – Go for a walk together or garden together. According to the National Institute of Health, some studies have shown a reduction in cognitive decline with exercise.
- **Utilize “holistic therapies”** – Activities using music, art, pets and reminiscence (e.g. viewing old photo albums, videos and movies) have been shown to reduce stress and improve cognitive function and self-expression.
- **Give them a sense of purpose and responsibility** – Keep a plant or pet fish nearby for the individual to care for. This can help the patient's mood and alleviate boredom.

#### 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. Our brand-new **Impressions Memory Care at Bryn Mawr** community 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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