

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Tips on Humor's Important Role in Memory Care

We would all agree that there is nothing funny about the progressive effects of Alzheimer's disease and other forms of dementia. However, experts in the field of memory care advise that humor has an appropriate place as a beneficial form of therapy.

In fact, laughter has been shown to provide a variety of physical and emotional benefits for *both* caregivers and their loved ones with memory loss.

Benefits of Humor for Caregivers Include:

- Relieving stress
- Promoting mental health
- Strengthening family relationships
- Strengthening the immune system, so caregivers can stay healthy
- Relieving tension and lightening the mood
- Allowing them to enjoy the moment

Benefits of Humor for Loved Ones with Memory Loss Include:

- Allowing them to redirect negative emotions
- Easing symptoms of depression
- Tempering signs of aggression
- Reducing stress
- Improving social interaction and overall emotional state

Tips for Creating Humor in Your Caregiving Role

If you are not one who finds it easy to create laughter in the midst of caregiving, these tips can be helpful to you:

- Consider watching some comedy movies, sitcoms or listening to comedians' recordings with your loved one. YouTube is a great resource for free videos! Type in almost any subject and find funny videos of all kinds, plus clips of old TV classics such as *The Honeymooners*, *The Carol Burnett Show* and *I Love Lucy*.
- Encourage your loved one's sense of humor and help create an environment of levity.
- Lighten the atmosphere yourself by sharing a funny story. If your loved one has a good sense of humor, encourage it.
- Seek out books, sites and people who encourage the brighter side of caregiving. A favorite book in this category is *Mothering Mother* by Carol O'Dell, which tells about her caregiving journey with her mother who had Parkinson's disease and Alzheimer's. The story is touching and will also make you laugh out loud.

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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.

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.

***Disclaimer:** The articles and tip sheets on this website are offered by Impressions Memory Care at Bryn Mawr and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*