

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Tips on What to Look for in a Memory Care Community

As a result of the progressive nature of Alzheimer's disease and other forms of dementia, an individual's physical and mental abilities will continue to decline with the passage of time. Memory care experts explain that loved ones will eventually require more round-the-clock care and support than can be safely and appropriately provided in the home.

When it comes time to choose a professional memory care community for your loved one, there are several key factors to consider, including the staff, programs and services, the environment, attitude towards family and the type of treatment residents receive.

Your Checklist for Choosing the Right Memory Care Community

The **Alzheimer's Association** article, "[Care Facility Checklist](#)," provides detailed tips and guidelines to help you make the decision that is right for you and your loved one. Examples include:

- **Staffing** – Do staff members have the proper tools, training and perspective to care for the special needs of those with Alzheimer's and other forms of memory loss? Is privacy, respect and dignity a clear priority?
- **Family Involvement** – Are you encouraged to be part of your loved one's life and care-planning and to communicate with staff?
- **Programs and Services** – Are there appropriate health and behavioral care services, regular planned activities and recurring care planning sessions? Is there a focus on resident engagement?
- **Environment** – Are resident rooms and common areas spacious, safe and clean? Is there a family visiting area and can residents bring favorite items with them? Do the residents appear well cared for?
- **Meals** – Is the food nutritious and appetizing and are there regular meal and snack times? Are family members and friends welcome to dine with their loved ones?
- **Policies and Procedures** – Are visiting hours family-friendly and can families participate in care?

By taking a well-organized approach to choosing the right memory care community, you will be in the best position to compare the options and make the best decision for your loved one's care and your own peace of mind.

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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

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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.