

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Caregiver Tips: Tools to Help You Manage Your Loved One's Memory Loss

Memory loss experts agree that the physical and emotional demands on primary caregivers can lead to hardships that can threaten their own wellbeing. Therefore, it is important for caregivers to take advantage of all existing tools that can make their job easier and their caregiving more effective.

A recent national study conducted by the **National Alliance for Caregiving**, called "[The e-Connected Family Caregiver: Bringing Caregiving into the 21st Century](#)," assessed the value of modern support tools for caregivers and identified the technologies caregivers deemed most useful to them. These included:

- **Personal Health Records Tracking Systems** – These include websites and software tools designed to organize and keep track of a loved one's medical history, medications and treatments.
- **Caregiving Coordination Systems** – These tools include comprehensive care coordination websites that assist with calendar scheduling; sharing information and organizing care; electronic logs for medical appointments and health care related tasks; software calendar scheduling systems that family members and friends can log into and sign up to help out at specific dates and times; and private "online communities" that all caregivers can access for information, advice and discussion.
- **Medication Management and Support Systems** – These tools include systems that provide reminders and instructions for the loved one to take medications when a caregiver cannot be present. They can also notify caregivers if the medication was not taken within the appropriate timeframe.
- **Movement Monitoring Systems** that track loved one's movements in their home.
- **Interactive Systems for Activity** (such as Wii Fit[®]) that enable the creation of a schedule of physical activities and mental games.
- **Symptom Monitors/Transmitters** that electronically send information such as blood pressure to a doctor or care manager.
- **Video Phone Systems** such as Skype[®] that permit remote interactivity with a loved one.

Various interactive online tools are also available that can connect and support caregivers of loved ones with memory loss today, including:

- Online support networks that are available 24/7 such as [ALZConnected](#)[®], which enable at-home memory care providers to ask questions and interact with others with similar needs
- Non-profit caregiver resources for memory loss such as [The Family Caregiver Alliance](#), [The Alzheimer's and Dementia Caregiver Center](#), and [AARP](#)
- Explore all the options and take advantage of the numerous tools that can support your efforts, ease your burden and improve the quality of care you can offer to your loved one.

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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 comfort 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.*