

# Impressions

## MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

### Tips for Understanding the Different Perspectives of Dementia

When a loved one has dementia, everyone in the family is affected. Memory loss and mental decline are just a couple of the challenges that the person with dementia and the family caregiver face. By looking through the lens of dementia, family members and friends can gain a new perspective on what it means to have the disease and to care for someone with memory loss.

#### From the Perspective of a Person with Dementia

Dementia is the chronic impairment of mental processes and drastically changes people's lives. While those with dementia undergo mental and physical deterioration, they also experience changes in their behavior and mood. Common aspects of this include:

- Memory loss and confusion
- Issues with keeping time and recognizing familiar places
- Trouble with forming speech and communication
- Reduced mobility and muscle function
- Mood swings and irritable behavior
- Depression

#### How to Help Your Loved One

From a family caregiver's perspective, witnessing these changes can be painful. In order to help their loved one retain normal mental and physical faculties, a caregiver can make sure they person have the following:

- Social interaction with family and friends
- Mentally stimulating activities
- Well-lit rooms for visibility
- Physical activity
- Safe, secure and quiet environments
- Plenty of rest

#### From the Perspective of the Caregiver

Family caregivers have one of the most selfless and toughest jobs in the world. But, they need to take care of themselves, too. In order to avoid [caregiver burnout](#), they should maintain:

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- A healthy diet and exercise
- Consistent sleep schedule
- Personal time to relax
- A daily routine for the person with dementia
- Help from family or paid staff
- A caregiver support group

### How Impressions Memory Care Can Help

Impressions Memory Care is dedicated to helping those with dementia as well as their families, providing a unique perspective and approach for all involved. With expert care delivered from a highly skilled and supportive staff, family members can rest assured knowing their loved ones are receiving the care they need and deserve. Impressions provides:

- A friendly and secure environment
- An enriching and healthy lifestyle
- Personalized care based on the person's needs
- Care from a kind, considerate and experienced staff
- Private, individual suites for housing
- A place where families can focus on being families

### 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.

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.

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**For more information, please call Sharon at (484) 380-5404 or [contact us](#) online.**

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