

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Memory Care Experts' Tips for Educating Family Members on Alzheimer's Disease

A diagnosis of progressive memory loss for a loved one has a ripple effect on the entire family, say memory care experts. And while the daily lives of primary caregivers are clearly affected the most, other members of the family are also touched by the disease.

Therefore, memory care authorities say it is important that all family members be informed, educated and engaged in the support process as early as possible. The **Alzheimer's Association's** article, "[Helping Friends and Family](#)" offers several helpful memory care education tips:

- **Let People Know** – It is important to inform family and friends about your loved one's condition. There's no particular right time or right way to do this. When the timing seems appropriate, be honest with family and friends and use it as an opportunity to educate them about Alzheimer's.
- **Be Totally Honest** – Be completely honest about the disease and its progressive effects, say memory care therapists. This helps others to know what to expect. Also, let them know if you need help with caregiving activities and *be specific* as to what assistance you can use, e.g. pick up mom's prescriptions the first Monday of each month.
- **Teach Ways to Have Effective Communications with Your Loved One** – As a rule, speak slowly and always make eye contact with your loved one when speaking to them. You may need to remind them who you are.
- **Don't Correct Your Loved One or Act Impatient** – If your loved one makes mistakes or forgets something, do not correct them and avoid doing anything that might agitate or over stimulate them, memory care therapists advise.
- **Ensure Positive Visits** – Schedule visits at times of day when your loved one is at their best, i.e. when they are calm and focused. Be relaxed and quiet in your interactions with them and don't talk to them as if they were a child. Respect their personal space and don't get too close.
- **Create Pleasant Interactions** – Encourage other family members and friends to do enjoyable things with your loved one. This might include looking through a photo album, listening to music, watching a favorite movie, walking or visiting old friends. Memory care therapists explain that these social engagement activities will lift their mood.
- **Explain Memory Impairment to Children** – Explain the changes the disease can cause now and in the future and also be prepared to answer children's questions. It is important to be honest and to encourage them to ask questions and to share their emotions. Children may want to ask questions at different times after they have been informed about their loved one's condition. Be sure to keep the lines of communication open with them at all times.
- **Be Understanding of Children's Reactions** – Expect each child to react differently to someone who has Alzheimer's depending upon their level of attachment. Emotions can be wide ranging and include sadness, worry and fear. Encourage children to talk about what they are feeling and let them know it's okay to feel sad, worried or angry. Let them know you feel that way sometimes as well. Also, encourage them to stay involved with their loved one by taking walks, listening to music and other things your loved one finds enjoyable.

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By following these expert memory care tips, you can help other family members to understand the situation and to empathize with your loved one. Memory care therapists say that this will encourage positive interactions that can improve your loved one's overall mood, sense of well-being and feelings of being a valued part of the family.

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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.

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