

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Tips on Maintaining Friendships After an Alzheimer's Diagnosis

According to the **Alzheimer's Association**[®], in the early stages of Alzheimer's disease friends and family will begin to notice cognitive difficulties in the person with the disease, and changes in relationships may begin to occur. Fortunately, memory care authorities offer helpful advice for maintaining friendships, which are very important to a person's emotional health and well-being.

Tips for Staying Connected with Friends

As noted in the **Alzheimer's Association** article, "**Helping Friends and Family**," if you have been recently diagnosed with Alzheimer's disease, friends, co-workers and neighbors may not understand what is happening to you and keep a distance. Here are some steps you can take to help your friends understand and relate to your new circumstances:

- Share your experiences living with Alzheimer's.
- Tell them what you're still comfortable doing.
- Invite them to Alzheimer's Association education programs and events.
- Let them know when you need help and support—and what they can do to help. Then, when they offer, take them up on it!

In addition, there are other useful tips that can help to maintain and reinforce friendships after a diagnosis of Alzheimer's. For example:

- **Be open about your feelings** – Share your experience of living with the disease with your friends.
- **Strengthen trusting relationships** – Focus on those relationships which are supportive, and show your gratitude for the people you love and appreciate.
- **Be specific about how you would like to continue relationships and how you would like to be treated** – Let friends and others know what social activities you would like to continue and the best ways to share time together.
- **Learn how to ask for help** – Tell your friends how they can help and let them know your expectations for support.
- **Re-evaluate relationships** – Don't dwell on friends who are unable to support you at this time or are unable to have a positive presence in your life. Give them the time to adjust to your diagnosis.
- **See yourself as unique and human** – You still have much left to experience, and there are friends and family who will always love you and be there for you.

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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

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[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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