

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Caregiver Tips: Coping with Parent-Child Role Reversal

When you are providing memory care to a parent with Alzheimer's disease, your role and your relationship with them will inevitably change. Adult children in the caregiver role spend significant time with their elderly parents and are often involved in taking care of their basic human needs such as feeding, bathing and hygiene. Memory care experts say this juxtaposition of the parent-child role can be a source of serious distress for the adult child caregiver.

As noted in the article, [Role Reversal: Should You 'Parent' Your Parent?](#), it can be difficult to love a parent with dementia for what they are now, rather than wanting them to go back to what they used to be, but it is essential to try – both for your well-being and theirs. With the changing roles, a parent may have difficulty relinquishing control to you as well – because even though they are now at least partially dependent on you, they still think of you as their child.

Coping with the Emotional Side of Parent-Child Role Reversal

Says **Barbara Schuh**, a senior care consultant and [columnist](#), “It becomes important to first come to terms with the idea of role reversal, as you become the parent to your parents. The psychological impact is not to be taken lightly. For many of us, we have never seen our parents so vulnerable. The pain of watching them deteriorate is real.

“Take time to speak with a friend or therapist if you need help coping with the feelings that arise. Join a support group for adult children caring for their parents. Have family meetings to make sure everyone is on the same page.”

Valuable Tips for Dealing with Role-Reversal in Memory Care

In addition, memory care experts strongly recommend taking the following steps for legal, financial and resource support when you are faced with parent-child role reversal.

- Make sure there is a durable power of attorney in place before your loved one's health and mind deteriorate.
- Identify an Elder Care Attorney, a legal representative who knows all about caring for parents and estates.
- Review Medicare and Medicaid options, the latter of which may be able to pay Medicare monthly premiums.
- The VA has money for veterans who need help in the home or assisted living. Contact your regional office for more information.
- Contact your local [Area Agency on Aging \(AAA\)](#). Every county in the country has an AAA, which oversees all the state and federal programs on aging.
- Other resources are available at the [Alzheimer's Association](#)[®], which provides education, information and support groups for the many forms of dementia.
- Many local senior centers provide classes and support groups for adult children caring for their parents.
- Consider 24/7 specialized memory care at a recognized leading memory care community such as **Impressions Memory Care at Bryn Mawr**.

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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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