

# Impressions

## MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

### Tips on Memory Care and Coping with Changing Spousal Relationships

Memory care experts say that memory loss can change the social dynamics for the entire family, but its effect on a spouse is typically the most dramatic. Oftentimes these changes in spousal relationships are seen in role reversals, social isolation, withdrawal, changes in intimacy and physical or emotional exhaustion for the spouse's caregiver.

#### 9 Valuable Coping Tips for Spouse Caregivers

Authorities in memory care at [The Mayo Clinic](https://www.mayoclinic.org) and the [Alzheimer's Association](https://www.alz.org) provide useful tips to help spouses deal with the challenges of memory care. These can help you to have a better relationship with your loved one. For example:

1. **Ask For Help & Support** – Family members and friends often want to help out, but don't quite know how when it comes to Alzheimer's and memory care. Provide suggestions, but always be specific in asking for their assistance, e.g. "Please pick up Jim's prescriptions for me the first Monday of the month."
2. **Take Time For Yourself** – It's perfectly normal for a spouse to need a break from caregiving duties. Schedule some "me time" to enjoy the things that make you happy, whether it's reading a book, watching a favorite TV program or having a friend over for lunch.
3. **Consider Respite Care** – Services such as respite care and adult day care take care of your spouse for a defined period and enable you to "take a breather" and care for your own needs.
4. **Manage Your Stress** – Find ways to relax that work best for you. Activities such as exercise, yoga, tai chi, music, gardening, and visits with friends can be helpful ways to maintain balance in your life. As a caregiver for your spouse, you need it and you deserve it.
5. **Be Realistic** – The care you provide your spouse is valuable and does make a difference, but many of your loved one's behaviors simply can't be controlled. Decide what you can and cannot do and set priorities to take care of the things that are most important.
6. **Give Yourself Credit** – Resist the urge to feel guilty. It's normal to lose patience, get angry with your spouse or feel like your care may not be adequate. Remember, you're only human and you're doing the best you can.
7. **Enjoy Good Times Together** – Familiar activities are generally enjoyable to those with Alzheimer's. For as long as your spouse is able, continue to socialize, travel, be physically active and participate in activities that are enjoyable to both of you such as taking walks together.
8. **Relive Enjoyable Memories** – Reminiscing is a recognized memory care technique for assisting Alzheimer's patients whose long-term memories are often intact. Discuss people and places that are familiar and create pleasant feelings for your spouse. Watch family videos, look at photographs or review trips and special moments from the past.
9. **It's Perfectly Natural To Grieve** – It is normal to feel a sense of loss and grief, even while your spouse is still living. Joining a memory care support group can help you to share your experiences with others, vent your feelings and learn how they cope.

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Loved ones with Alzheimer's disease or other memory impairments require specialized memory 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 our 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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