

# Impressions

## MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

### Tips for Understanding and Coping with Sensory Changes in Your Loved One with Alzheimer's

Alzheimer's disease and other forms of dementia cause significant changes to the brain as they follow their progressive course. Among these changes are a decline in the functioning of the primary human senses, including your loved one's ability to process and understand what they see, hear, smell, taste and touch.

#### Sensory Changes and the Importance of a Safe Home Environment

The **Alzheimer's Association** article, "**How Dementia Affects Safety**" reviews how changes to the brain's sensory abilities increase the safety risks to your loved one and offers important suggestions for safety-proofing the home. Likewise, the **Mayo Clinic** article, "**Home Safety Tips: Preparing for Alzheimer's Caregiving**," provides a detailed list of suggestions for keeping the home safe. Both expert sources recommend starting with a home safety evaluation and then implementing safety measures for primary areas of potential danger, including the bathroom, kitchen, bedroom, garage and basement.

#### Sensory Stimulation Activities Make Connections and Improve Physical and Emotional Well-Being

Experts tell us that sensory stimulation activities can bring enjoyment to loved ones, reduce their anxiety and agitation, and increase their social engagement and connectivity to the world. The most effective sensory stimulation activities are those linked to a loved one's past interests and happy memories. Examples of effective sensory stimulation activities include:

- Listening to favorite music from your loved one's past
- Watching favorite movies or TV shows – some networks feature the old hits
- Looking through old photo albums and pointing out family members, friends and events
- Reading aloud from your loved one's favorite book(s) or magazine(s)
- Drawing or painting pictures
- Visiting with a friendly pet
- Providing scents and aromas that conjure up pleasant past experiences (such as a turkey at Thanksgiving)
- Taking a walk together in a favorite place
- Providing a change of scenery by taking your loved one outdoors for some fresh air

#### 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. Our brand-new **Impressions Memory Care at Bryn Mawr** community provides residents with

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*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 visit us online at <http://www.impressionsmemorycare.org>.