

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Tips on Social Engagement Activities that Can Improve Your Loved One's Quality of Life

Keeping your loved one involved in life through physical, mental and social activities will create positive experiences that diminish the stress and unwanted behaviors that often accompany Alzheimer's disease. Social connection activities that stimulate the five senses can also create positive emotional experiences, reduce stress, build self-esteem and provide a better quality of life.

According to the **Alzheimer's Association** and other leading memory care resources, there are a wide variety of social engagement activities that can be helpful. Again, try to tailor the activities to your loved one's particular interests. Examples include:

- Listening to favorite music together
- Art and drawing activities
- Visits with a friendly pet
- Reminiscing over fond memories (e.g. looking through old photo albums or old family movies)
- Taking walks together and doing simple exercises
- Visiting favorite places together
- Sharing in recreational activities, such as working together in the garden

By taking the time to involve your loved one in activities that connect with them and their past life, you can help them to feel more relaxed and also improve their overall sense of well-being.

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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. Our brand-new **Impressions Memory Care at Bryn Mawr** community 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, trust 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>.