



making the most out of visiting your loved one in memory care



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Finding new ways to visit and interact with a loved one residing in Memory Care can be challenging. Your loved one may not be able to do or understand the things you used to enjoy together, but there are many ways to have loving, meaningful visits. The Memory Care staff at the Hearth Communities can assist you in making the most out of your visits.

Remember to keep things simple. A visit does not need to be complicated or long to be meaningful. Your loved one may be more easily overwhelmed by asking too many questions, giving them too many tasks to complete, or having too many visitors at once.

Try finding a quiet place to visit. During this time, you could look at family pictures together, listen to their favorite music, or walk through the gardens to view the flowers. You may also enjoy bringing in their favorite foods to enjoy together.

Sometimes the right words are hard to find, or conversations seem difficult for your loved one, or perhaps even for you. Simply sitting quietly holding your loved one's hand can be the comfort and affection that they need at the moment.

If you are planning an outing, try avoiding large, noisy crowds. It may cause overstimulation as they try to process their surroundings and make sense of what is going on. Try going for a drive, getting coffee, or for a short visit to the park.

Remember to stay flexible. Things that made your visit meaningful yesterday, may not work today. If your loved one is having a bad day, don't take it personally. It isn't your fault. They may be tired, not feeling well, or having more frustration than normal. It is perfectly alright to keep your visit short.

SIMPLE TIPS

- Talk about past memories. Talking about what's going on now may add to their confusion, or increased agitation.
- Try slowly increasing visitors. Start with one or two at a time as to not overwhelm them.
- Give them time to respond to questions or comments. It may take them longer to organize their thoughts.
- If your loved one is interested in attending activities during your visit, try attending and participating with them. Keep your interactions positive and supportive.



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