

# TIPS FOR VISITING A FAMILY MEMBER IN **MEMORY CARE**

## **1. Be familiar with the rules of the community.**

- Take the time to read thoroughly all communications sent by the community.
- Visit our webpage often ([www.residentialplaza.com](http://www.residentialplaza.com)), there you will find the latest information regarding our community.
- Be open with your assigned Case Manager and staff, ask about our rules and policies.

We are counting on your support to work together to ensure a safe environment for your family member.

## **2. Consider the timing of your visit.**

- Look at the community's calendar.
- Communicate with your family member's care partners and be aware of their routine.
- Ask the care partners if they have a suggestion regarding the best times to visit.

Morning visits are usually better.

## **4. Bring favorite and familiar objects.**

Bringing objects that you know your family member will appreciate can help alleviate the tension, a favorite book or a picture.

## **3. Identify yourself.**

- No matter where your family member is in the progression of the disease, always wear your name tag and introduce yourself first.
- Be in direct eyesight of your family member, at their level.
- Introduce yourself and your relationship to them. Wear a big smile!

As the disease progresses and facial recognition can become difficult for your family member, it is increasingly important to identify yourself properly.

# TIPS FOR VISITING A FAMILY MEMBER IN **MEMORY CARE**

## **5. Don't argue-divert.**

Practice compassion. Enter their reality and understand that it is ok to estate or share things that are not necessarily true. Divert the conversation but do not enter an argument. Remember, what they are sharing is true to them.

## **6. Think through meaningful activities to do together.**

Come prepared with things to do. You could bring a book to read together or a movie to watch. You can also encourage your family member to attend a community activity or event together.

## **7. Be ok with the quiet.**

Some days you and your family member may not have much to say. It's ok to sit in silence and be together.

## **8. Change the scenery, if possible.**

If possible, step out to the balconies, walk around the courtyard. Get fresh air and enjoy.

## **9. Don't overstay.**

As with most things short and sweet is better than long and empty. Spend quality time considering their routine, activities, and medication. Visits between half-hour to an hour are usually a reasonable timeframe.

## **10. Keep visiting even as the disease progresses.**

Studies show that emotional memory is retained even as the disease progresses, and your loved one may not recognize you. Although your family member may not know you, they acknowledge their emotion and can remember that emotion, even after forgetting the event that caused that emotion.