Expert Tips to Help You Decide if it’s Time for 24/7 Memory Care

At-home caregivers who are providing memory care for loved ones with Alzheimer’s disease or other forms of dementia often find it difficult to determine when the time is right for professional, 24/7 memory care services.

This is not surprising since memory care experts agree that the only certainty for at-home caregivers is that as their loved one’s memory loss progresses, so will their need to provide higher levels of care and supervision for them. There is no definitive timeline for using professional memory care as each individual responds differently to Alzheimer’s disease.

So how can family caregivers know when they have reached the point where it is no longer safe or appropriate to care for their loved one at home? Fortunately, help is available for at-home memory care providers in the form of decision-making criteria suggested by Alzheimer’s and dementia care experts.

Guidelines for Deciding When a Memory Care Community is the Best Solution

The Alzheimer’s Association article, “Residential Care,” offers families some useful expert guidance that can help to make the decision on moving to a memory care community easier. It lists objective indicators that you can use to decide if your loved one would be best served in a specialized memory care community that offers 24/7 professional care.

This criteria addresses both the needs of loved ones and their memory care caregivers and include:

• **Personal Safety** – Is your loved one with Alzheimer’s becoming less safe in their current home? Do they have difficulty climbing stairs, toileting and bathing? Are they at risk of falling?

• **Health Status** – Is the health of your loved one or your health as a caregiver at risk? Have symptoms of the disease progressed to the point where they are becoming very challenging for you to manage in the home, e.g. incontinence, dehydration, aggression, paranoia and wandering?

• **Their Care Needs vs. Your Care Capabilities** – Are your loved one’s care needs progressing beyond your physical abilities? Is your loved one becoming increasingly dependent on you for help with activities of daily living such as eating, dressing, bathing and toileting?

• **Quality of Life** – Would the 24-hour professional care, security, support services, social interaction and life-enriching activities at a memory care community benefit your loved one with dementia?

• **Caregiver Stress** – Are you becoming a stressed, irritable and impatient caregiver? Are you feeling depressed, hopeless and having trouble sleeping?

• **Other Caregiver Responsibilities** – Are you neglecting your work responsibilities, your family and yourself?

By using this objective criteria suggested by the Alzheimer’s Association, you can make an informed decision that is in the best interests of your loved one’s health and well-being as well as your own.
Be Inspired. Every Day.

Offering Assisted Living and A Knew Day Memory Care, Heartis Village in Peoria, Illinois has a unique perspective on senior living that not only changes minds, it changes lives.

We believe that moving to a senior living community is a natural step in the journey of life – a step that should be celebrated! We understand that while one may need supportive care to remain living an independent lifestyle, the desire to lead a full, active and meaningful life doesn't diminish.

Heartis Village provides our residents with the best of both worlds – the exceptional care they need with the inspiring lifestyle they deserve.

To learn more, contact us today!

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