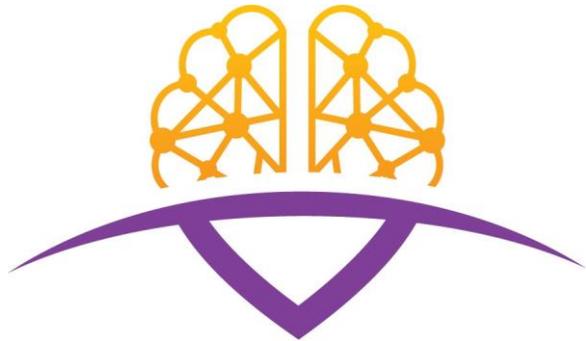


# Starting the Conversation about Your Loved Ones Memory Loss



**SERENITY**  
MEMORY CARE



**BROOKSIDE**  
REHAB & NURSING CENTER

Your Memory Care Resource

# Starting the Conversation

When your loved one has been diagnosed with memory loss, they can often feel depressed, anxious and ashamed – they may even refuse to accept or talk about their diagnosis. Memory loss changes everyone's lives, so it's important to support your loved one as much as you can during this difficult transition.

## TIPS FOR TALKING TO YOUR LOVED ONE ABOUT THEIR DIAGNOSIS...

Your memory care resource



# Talking to Your Loved One about their Memory Loss Diagnosis

Starting the conversation is important because it allows your loved one to begin to accept what is happening and helps you both come up with a plan for the future. This can be difficult and may take some time, so follow these tips to make communicating easier.

**Read up on your loved one's form of memory loss as much as you can.** This can help you know what to expect and help your loved one feel as though you understand them.

**Provide them with as much support as possible.** Whether you are comforting them through their emotions, joining them for educational classes or simply being there to listen to their concerns and fears, it's important to be someone they can talk to and lean on.

Your memory care resource



# Talking to Your Loved One about their Memory Loss Diagnosis

Give them some time to cope. Forcing the subject could cause your loved one to become angry or upset. Gauge their reactions and see how they may be feeling before bringing up their diagnosis. You are more likely to have a successful conversation if they are willing to talk.

If your loved one doesn't want to talk about their diagnosis, it can help to ask how you can support them or make them feel better. Use this feedback to provide them with the care and love they need during this time.

If they refuse to accept their diagnosis or seem to be increasingly depressed, talk to their doctor or the experts at a leading memory care community.

Your memory care resource



# Is this you?

When caring for my Mom with Alzheimer's...

I AM A HERO

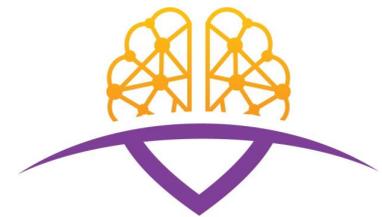
I AM STRONG

I AM FULFILLED

I AM A MARTYR

I AM OVERWHELMED

I AM DESPERATE



**SERENITY**  
MEMORY CARE

# Caregivers Caught in the Crosshairs

- Afraid to leave your loved one with anyone else
- Feeling overwhelmed and emotionally and physically exhausted
- Feeling depressed, angry, hopeless and helpless
- Sleep deprived and irritable
- Getting sick more frequently
- Gaining or losing weight
- Scared about what tomorrow will bring

We can give you peace of mind



# Serenity can bring you Peace

We named our program **Serenity** because we are committed to providing our residents with memory loss a calm and peaceful setting. **A Serene Life.**

Our Serenity residents enjoy:

- A secure & calming living space
- A person-centered philosophy that honors & celebrates individuality
- A dedicated staff that has gone through extensive memory care training
- Life enrichment memory loss programs
- Specialized therapies, sensory rooms and life stations
- Brain healthy dining program to energize and relax the mind

For more information, call 402-488-0977

