

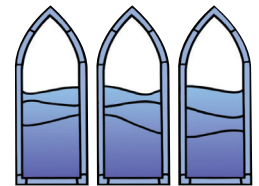
# IS IT TIME FOR MEMORY CARE?

## Family Guide



**How do you know when it's the "right time" for memory care? When does normal forgetfulness become something more?** To help answer these important questions, we have developed a helpful checklist of the early signs of dementia.

**We understand that memory loss can be a challenging and sensitive matter for any family and we are here to help.** We encourage you to reach out to our expert team or a medical professional if you notice one or more of the following symptoms in your loved one. It may mean that it is time for specialized memory care. *Real life examples of each change are italicized.* (information source: alz.org)



*Our Lady*  
OF THE VALLEY  
RETIREMENT COMMUNITY

- A deteriorating ability to plan or solve problems. *Trouble following a familiar recipe or taking much longer to complete a task than usual.*
- Poor judgment. *Wearing sandals when it's snowing outside or writing checks to strangers who ask for money.*
- Difficulty understanding spatial relationships or images. *Trouble reading or judging the distance between two steps while walking.*
- New problems with words while writing or speaking. *Repeating things they have just said or calling things by the wrong name.*
- Difficulty with familiar tasks. *Inability to remember the rules to a favorite game.*
- Misplacing items or losing the ability to retrace steps. *Putting their car keys in the freezer.*
- Confusion with time or place. *Not knowing the season or forgetting how they got somewhere.*
- Withdrawal from social activities. *Declining invitations from friends to go to a favorite restaurant.*
- Changes in mood or personality. *No longer caring about something that was once important to them, or increased irritability or anxiety.*

# ABOUT REFLECTIONS



## REFLECTIONS *Memory Care Program*

The Reflections Memory Care Program at Our Lady of the Valley offers a fresh perspective on memory care. Specialized training, careful selection of caregivers, and a resident-focused approach are hallmarks of our proprietary program. Our team incorporates the most up-to-date therapeutic approaches, including reminiscence, art, music, and pet therapies, as well as sensory stimulation, into daily life. Our goal is to enhance resident engagement, provide opportunities for success based on current abilities, and to build positive relationships among residents, families, and caregivers.

## LET US BE YOUR RESOURCE!



If you think your loved one might need memory care, the friendly admissions team at Our Lady of the Valley is here to offer help, guidance, and support. Reach out today.

**(540) 345-5111** • [ourladyofthevalley.com](http://ourladyofthevalley.com)  
650 N. Jefferson Street • Roanoke, VA

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## NOTES

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