



When to decide
memory care is right
for your ***loved one***





Today, more and more families are doing their best to care for a loved one living with Alzheimer's or another type of dementia. Being an at-home caregiver can feel like the right thing to do.

Still, the physical and emotional challenges are real – not the least of which is being able to recognize when home care is no longer the best option for their loved one's safety and well-being.



How to know when it's time

Here are *five important factors* to assess when considering memory care.

Safety

Is your loved one's home no longer safe for them? Are there fall hazards like stairs, rugs, or large furniture? Have they accidentally left kitchen appliances on or open? Many people with dementia have issues with balance. They can also have trouble recognizing when something is an emergency, or forget how to call 911.

Health

Is your loved one's health at risk? Are symptoms such as incontinence, dehydration, anxiety, malnutrition, aggression, or wandering becoming too challenging for you to manage alone?

Physical Dependence

Have your loved one's care needs progressed beyond your physical abilities? Are they becoming increasingly dependent on you for help with activities of daily living such as eating, dressing, bathing, using the restroom, and transferring to and from bed?

Social Isolation

Are concerns for their safety and basic care needs keeping them from connecting with family and friends, and doing things that bring them joy?

Your Own Health & Life

Are you becoming a stressed, irritable, and impatient caregiver? Do you feel depressed or overwhelmed, or have trouble sleeping? Are you struggling to meet your work and family responsibilities, as well as your social life and self-care needs?

By doing an honest self-assessment of your current situation with your loved one, you can make an objective decision about what is best for them – and ultimately for yourself. Remember, despite your love and best intentions as a caregiver, it may simply not be possible to provide your loved one with the level of care and support they require in a home environment as their condition progresses.

HOW ARTIS CAN HELP

Our holistic well-being framework is comprised of four essential components, in optimal combination.



SUPPORTIVE ENVIRONMENT

We promote safety and independence in an intentionally designed community with adaptive, accessible features, décor that creates a sense of familiarity, and secure outdoor spaces that encourage exploration.



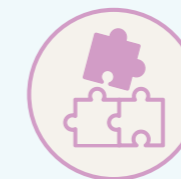
DISCREET CARE

We provide support with medication reminders and activities of daily living, along with nutrition and exercise programs to enhance overall well-being.



SOCIAL CONNECTION

We offer daily, well-rounded opportunities for participation and social engagement with neighbors, associates, friends, and family – and monthly outings – fostering a sense of autonomy, belonging, and purpose.



COGNITIVE HEALTH

We engage residents in specialized programs and therapies designed to stimulate cognitive function and promote emotional well-being, including music and art therapy, memory-enhancing exercises and games, reminiscence therapy, and sensory stimulation exercises.