

# Memory Support



Supporting a loved one experiencing memory loss is hard, especially when social distancing has become part of our daily lives. If you're unable to support your aging loved one in-person, there's still a lot of ways to help.

- Send a care package with simple puzzles, adult coloring books, healthy snacks and common household supplies.
- Set up grocery delivery services. Be sure to include healthy, easy to grab fruits, vegetables, snacks and even prepared meals.
- Work with a trusted friend or neighbor who lives nearby that can help with checking in.
- Use technology to connect. Preloaded apps can make connecting to loved ones easy. Simple phone calls or window visits also help.
- Assist with routines. Routines are vitally important for someone with memory loss. A change in a well-worn schedule can be a set-back. Help your loved one with a written out schedule or voice recording. You can list out activities they can do during the day and a time when you'll be calling to check in.
- Make sure there's consistency in the time of day you call for check-ins. That consistency will solidify a new routine for your loved one.
- Listen and empathize. We're all feeling a lot of stress during these uncertain times and our loved ones experiencing memory loss are no exception. Further, they may be confused as to why their routines have been disrupted. Be patient as they ask questions. You may need to explain more than once, but every question is an opportunity to connect and provide comfort.



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When memory lapses start to significantly impact day-to-day life, it can be a sign your loved one may need more support. For more early signs of Alzheimer's disease and dementia, view this helpful symptoms page from the Alzheimer's Association: [www.alz.org/alzheimers-dementia/10\\_signs](http://www.alz.org/alzheimers-dementia/10_signs)

### **Immanuel Communities with Memory Support**

Lakeside Village, Omaha

Immanuel Fontenelle, Omaha

The Landing, Lincoln

Yankee Hill Village, Lincoln

The Shores at Pleasant Hill, Des Moines

*At Immanuel, our not-for-profit mission guides us to provide Christ-centered service to seniors, each other and the community. Since our founding in 1887, our priorities have always been to serve those in need, especially in troubling times. We're proud of our teams in their support of preventative precautions to keep senior residents, participants and employees safe and well. If you are supporting an aging loved one or are worried about what's next—we're here for you.*