



TRILOGY
HEALTH SERVICES

NAVIGATING ALZHEIMER'S & DEMENTIA

a caregiver's guide to

Memory Care

To the reader who opened this guide—thank you.

As a family caregiver, you've taken on responsibilities you probably never once imagined for yourself—tending to daily tasks, scheduling doctors' appointments, and reminding your loved one of the joy that will always surround their life.

Caregiving can be a difficult, oftentimes thankless job—but it's not one that you have to take on alone. In this guide, our Memory Care experts lay out tips, articles, and resources that will help you identify the early stages of memory loss, when and how to have conversations about outside care, and what to look out for when considering next steps. It's our hope that by the time you reach the final page, you'll feel confident not only in the care you provide, but in the assistance that's available should you ever need a helping hand.

*As always, thank you for putting your trust in us.
It's truly our pleasure to serve you.*

Yours in service,



Leigh Ann Barney
Chief Executive Officer of Trilogy Health Services

A vertical border of purple flowers with yellow centers runs along the left and right edges of the page.

TABLE OF CONTENTS

SECTION ONE
Defining and Recognizing Memory Loss

SECTION TWO
Starting the Conversation and Communication Tips

SECTION THREE
When to Start Considering Memory Care

SECTION FOUR
The Trilogy Approach to Memory Care



SECTION ONE

Defining and Recognizing Memory Loss

DEMENTIA

A general term that refers to a range of symptoms that affect cognitive abilities.

ALZHEIMER'S

The most common type of dementia that affects memory and thinking skills. Symptoms eventually grow severe enough to interfere with daily tasks.

Navigating Alzheimer's is difficult—both for the person affected and the loved ones supporting them. That's why The Alzheimer's Association has compiled *a guide that outlines each stage of the disease*—making note of risks to look out for and steps that should be taken accordingly.

Memory Loss Stages

Possible Signs of Early-stage Memory Loss.

- Misplacing personal items.
- Difficulty performing tasks.
- Forgetting names, words, or events.
- Remembering new information becomes difficult, leading to repeated questions.

Maintaining a healthy lifestyle can help slow the progression of Memory Loss. [Read more here.](#)

Possible Signs of Middle-stage Memory Loss.

- Forgetting personal details or major events.
- Erratic mood changes or difficulty expressing oneself.
- Problems with orientation become more severe.
- Needing help with activities of daily living (ADL's) such as bathing and getting dressed.

At this stage, the individual is at increased risk for fall or injury. [View a home safety checklist here.](#)

Possible Signs of Late-stage Memory Loss.

- Difficulty with basic communication.
- A vulnerability to infections and/or pneumonia.
- General loss of awareness.
- A further decline in physical abilities, including walking, sitting, and swallowing.

In the final stage of Memory Loss, the individual will need 24/7 caregiver support to help preserve their dignity and quality of life.

[Read The Memory Loss Association's caregiver guide.](#)

Everyone's experience is unique—and just because someone is forgetful doesn't necessarily mean they're at risk. If you're concerned about your loved one, talk to them about receiving a doctor's evaluation.



SECTION TWO

Starting the Conversation

Communicating with a person with dementia requires patience, understanding, and sharp listening skills. In the early stages of memory loss, the person's communication may not seem very different. Stories may be repeated, words may be forgotten – but there's nothing that raises any immediate alarms. As the disease progresses, a caregiver may recognize other changes such as:

- Using familiar words repeatedly.
- Inventing new words to describe familiar objects.
- Easily losing his or her train of thought.
- Reverting to a native language.
- Having difficulty organizing words.
- Speaking less often.

When communication becomes difficult:

Be patient and supportive.

Let your loved one know that you're listening and trying to understand. Show that you care about what he or she is saying, and be careful not to interrupt.

Offer comfort and reassurance.

If your loved one is having trouble communicating, let them know that it's okay. Encourage them to continue to explain their thoughts.

Avoid criticizing or correcting.

Don't tell your loved one that what's being said is incorrect. Instead, listen and try to find the meaning in what's being said. Repeat what was said if it helps to clarify the thought.

Avoid arguing.

If something is said that you don't agree with, let it be. Arguing usually only makes things worse—heightening the level of frustration for the person with dementia.

Offer a guess.

If the wrong word is used or cannot be found, try guessing the right one. If you understand what your loved one means, you may not need to give the correct word. Be careful not to cause unnecessary frustration.

Encourage unspoken communication.

If you don't understand what is being said, ask your loved one to point or gesture.

Limit distractions.

Find a place that's quiet. The surroundings should support your loved one's ability to focus on their thoughts.

Look for the feelings behind the words.

Sometimes the emotions being expressed are more important than what is being said. At times, tone of voice and other actions may provide clues. Focus on feelings—not facts.

DO

- ✓ Ask opinions
- ✓ Ask open-ended questions
- ✓ Be sincere
- ✓ Use positive body language
- ✓ Keep language simple

DON'T

- ☒ Talk down to a person
- ☒ Ask questions that require remembering too many facts
- ☒ Take negative comments personally
- ☒ Argue, confront, correct

Remember:

90% percent of what your loved one understands is not the words that come out of your mouth, but your body language and tone of voice. Your tone of voice should convey a matter-of-fact, friendly, helpful, calm and respectful attitude.

Position yourself directly in front of your loved one at eye level, and make sure you have their attention before you start to speak. Touching them on the shoulder or holding their hand may help them focus on what you're trying to communicate.

SCAN HERE FOR MORE TIPS ON HOW TO communicate effectively with your loved one.





SECTION THREE

When to Start Considering Memory Care

When a loved one falls ill, it's almost instinctual to want to stay by their side. Nobody wants to recognize that their loved one's needs are beyond what they can provide, but sometimes, the best way to care for them is to ensure they're in a place that's fully equipped to support their changing needs.

When to Consider Memory Care:

- **Safety Concerns:** Your loved one exhibits unsafe confusion and/or disorientation, such as frequently leaving home or becoming disoriented in familiar places. They may also have frequent or sudden falls due to difficulty with balance or coordination.
- **Increased Care Needs:** Your loved one is having difficulty recognizing road signs and traffic rules. They are neglecting personal care—struggling with grooming, hygiene, or getting dressed. They may also be at risk of burns, cuts, or accidents while cooking or using appliances.
- **Caregiver Stress:** Tending to your loved one's growing needs begins to take its toll both physically and emotionally. This can lead to caregiver burnout.

Signs It's Time for Memory Care.

- **A Noticeable Decline:** Your loved one's health is deteriorating due to poor nutrition, lack of exercise, or inadequate medical care at home.
- **Personality Changes:** Increased frustration,

depression, or mood swings that is difficult to manage in a home setting.

- **Hints of Isolation:** Your loved one is becoming increasingly isolated and withdrawn.
- **Dynamic Shifts:** Caring for your loved one is causing significant strain on relationships with family and friends.

Making the Decision.

- **Consult Professionals:** Speak with healthcare providers, social workers, and memory care specialists to get a comprehensive view of your loved one's needs.
- **Visit Communities:** Touring memory care communities can provide insight into the environment and care provided.
- **Start The Conversation:** If possible, involve your loved one in the decision-making process to ensure they feel valued and heard.

Balancing the desire to keep your loved one at home with the need to provide them with the best possible care is challenging—but by considering these points, you can make an informed decision that ensures their safety, well-being, and dignity.

**IS MEMORY CARE
THE RIGHT CHOICE
FOR YOUR LOVED ONE?
Scan to take our quiz.**



The Trilogy Approach to Memory Care

Celebrating Their Legacy

It's a word you'll hear often when visiting a Trilogy community. Our Memory Care wing, which we call Legacy Neighborhoods are tailored to meet the unique needs of those living with dementia.

The Life Story Form

The Life Story is the foundation of Trilogy's Best Friends Approach. When someone with dementia struggles to remember their past, it's our job as Best Friends to help keep those memories alive.

Before a new resident joins us, our Legacy Leaders work closely with each family to learn a person's Life Story. By gathering key personal and social history in the Life Story, we're able to help the individual reconnect with joyful memories and past successes.

It also provides us with valuable insights to offer purposeful engagement and support when they're facing challenging moments.

The "Life Story" form is a tool that will be very helpful as we begin to get to know your loved one and prepare our team members for their arrival.

How do we use the Life Story information?

- We share a person's Life Story with each member of the Legacy team, allowing them to learn about your loved one before they begin supporting them. *This helps reduce confusion and fosters a stronger connection.*
- When additional information about a resident is discovered, the form is updated by team members or family. *We will also review the form every six months as part of the family meetings to ensure continued accuracy of information.*



We don't use agency staffing
—ensuring the faces that care
for our residents are always
familiar ones.



Our team of compassionate caregivers have been uniquely trained to meet the needs of those experiencing memory loss.



Our BFF approach **provides residents with a community of best friends** that will always know their likes and dislikes.



Our beautiful campus grounds **include secure courtyards and well-lit private suites.**



SECTION FOUR CONTINUED

Our Best Friends Approach

We've all had those days—the car won't start. The coffee's all over your shirt. Things just aren't going your way. But then the phone rings, and it's your favorite person. And after talking with them for just five minutes, you know that everything's going to be alright. *That's the power that best friends have.*

Inspired by David Troxel and Virginia Bells' Best Friends™ Approach to Dementia Care, the BFF Approach provides our Legacy residents with best friends to join them on their Memory Care journey. If your dad is known for his love of hot sauce, our caregivers will see to it that it's always at the table. If your mom has a favorite song, she can listen to it in the company of someone who cares about her. We celebrate what makes each resident unique, and we shape their experiences based on their individual life stories.

Memory Boxes

Trilogy team members help families create Memory Boxes for their loved ones—personal time capsules filled with journal entries, childhood photographs, and everything from their life story that still makes them smile.

These mementos also assist our residents with familiarity, helping them to recognize and remember their current living space.

Memory Boxes typically include:

- Old photos
- Special mementos
- Trinkets/objects that reflect interests or hobbies



Examples of Memory Boxes



SECTION FOUR CONTINUED

THE POWER OF DAILY RHYTHMS

The Daily Rhythms program responds to the needs of our residents by providing opportunities for engagement from morning until night, everyday, that are meaningful, adapted for ability, and that engage our residents in a variety of activities.

Why provide Daily Rhythms?

Residents experiencing dementia need structure and predictability in their daily lives. By assembling and maintaining a structured day for our residents, while still being responsive to their histories and preferences, we are assisting them in maintaining a healthy well-rounded routine where they are safe and can continue to thrive.

For example: A Creative Cooking class prior to lunch can engage participants, stimulate their appetite, and create excitement for the meal. It encourages social interaction, fosters a sense of accomplishment, and promotes inclusion and connection.

While the Daily Rhythms program does indeed provide structure for our residents and may appear regimented, it should be recognized that the items listed on the daily template are merely categories of activities.

Most memory care communities will use a variation of either BFF Approach or Daily Rhythms with their residents. Trilogy uses both programs to care for the whole person.

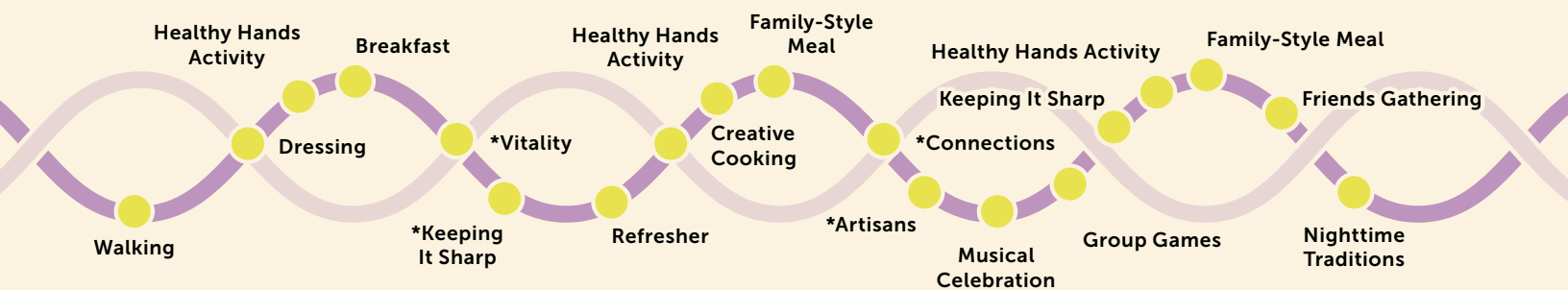
The program does allow for ample personalization of activities and spontaneity within the daily categories.

*As long as the approximate energy level is maintained, whoever is leading a posted activity may change to an alternate activity should resident interests and/or needs require that they do so. **We're here to help.***

SCAN TO
see a full list of our
MEMORY CARE
SERVICES



DAILY RHYTHMS SCHEDULE




***Vitality** – Physical exercise/range of motion

***Keeping It Sharp** – Cognitive/sensory stimulation

***Artisans** – Creative expression projects

***Connections** – Physical or cognitive social games

A vertical strip of purple lavender flowers runs along the left edge of the page. Another vertical strip of purple lavender flowers runs along the right edge of the page. The background is a soft, out-of-focus green and white.

Thank you for reading.

If you have any additional questions, our [Memory Care page](#) is filled with additional resources, family testimonials, and financial assistance that can help guide your future decisions.

Remember - you're not alone on this journey. Whether you're seeking advice, reassurance, or just a listening ear, our team is here to help you every step of the way. We hope this guide has provided some clarity and comfort as you continue to care for those closest to your heart.

Sincerely,

The Trilogy Health Services team.