8 Signs It's Time for Memory Care

10 minutes read
Last Updated: Jul 8, 2022

Written by: Sarah Bauer | Fact Checked by: Katherine Sullivan

Medically reviewed by: Kathy Freeman, Certified Dementia Practitioner

Medically reviewed means that a medical expert has checked the content of this article for accuracy and completeness according to current clinical guidelines.

Someone with dementia should go into memory care if their safety is at risk and their needs are no longer being met at home by their family caregivers. Some signs it's time for memory care may include changes in your loved ones behavior, a decline in hygiene, or unsafe wandering. If you're struggling to keep up with your loved one's needs, or your own health is suffering, the right memory care facility can provide peace of mind.

1. They're struggling with activities of daily living

A person with dementia also struggles to complete a checklist of daily tasks, called activities of daily living (ADLs). Some of the most important ADLs include some assistance throughout the day, for example, grooming, utilities and safety. And if they're showing the following signs:

- Trouble remembering to eat or drink
- Inability to dress appropriately for the weather or occasion
- Struggling to bathe and get dressed regularly or thoroughly
- Incontinence (accidents or trouble cleaning themselves after trips to the restroom)

If any of these will flags are present, your loved ones's doctor may suggest a memory care.

"When talking about memory care, ... [illegible] ... Kathy Freeman, Certified Dementia Practitioner and Senior Care Specialist, Kathy Freeman, an internal medicine specialist in Bentley, Kansas.

2. You notice behavioral changes

Observing and evaluating your loved ones behaviors is crucial to determining whether memory care is needed. Some behaviors are commonly associated with dementia and may signal a dementia diagnosis.

Family caregivers often don't notice wandering and think their parent is OK, because says, "It's challenging for family members to identify whether something is a sign of dementia or normal aging."

When you're caring for someone with dementia full time, it can be hard to see the progression of their disease. Family caregivers may miss these signs of progression. Plus change could be shocking and upsetting to a family member or friend who only sees the person a few times a year.

Timely wanderers often have a sign from aging parents who don't live the memory care because they often are different parts of dementia," says Kathy Freeman, Certified Dementia Practitioner and Senior Care Specialist, an internal medicine specialist in Bentley, Kansas.

Aggression can be particularly dangerous when a senior with dementia is cared for by an elderly spouse. Agitation and violence are most common behav in the day, due to weakness syndrome.

Read more: Agitation and Aggression: Prevention, Symptoms, and Treatment

Changes in personality or routine

Mix may seem strange to their personalities or routines. For instance, they may begin to decline social invitations often, resulting in senior isolation. Or they may start to lose interest in hobbies or activities they enjoyed previously. These may also come have conditions or even mood changes, daily things that used to, like driving or cooking. Pick accessibility or difficulty in daily tasks, or even a change in personality, may be a sign of dementia or other health needs. Large or gradual.

3. Wandering becomes dangerous

Wandering outside of home and getting lost is a common sign that it's time for a memory care facility that offers security measures to minimize wandering. Nearly 60% of people with Alzheimer's and other dementia, seniors with advanced dementia are sometimes become disoriented and wander far from home without realizing. Their brain can be dangerous situations like walking on busy roads or getting caught in inclement weather.

Memory care communities often have secure design features and outdoor spaces to prevent odd, secure wandering. So elders, staff placed locks and alarms may be necessary to increase a senior's safety.

4. Their living conditions are unsafe

Bringing up safety concerns in an important way to make family members aware of behaviors that could necessitate memory care. Kristoffer says. Some questions to help you assess dementia safety risks at home include:

- Is your elderly loved one having bumps or agitations or other crashing?
- Are they remaining or improperly storing household chemicals?
- Are there any fall hazards?
- Is a pet not being cared for properly?
- Does they have to the emergency room or hospitalized recently?
- Does your loved one have any injuries or injuries they can't explain or dwell complaints?
- Has wandering or getting lost put your loved one in dangerous situations?
- Do they require help doing medications on a regular schedule?
- Are they neglecting household tasks like cooking, laundry, and cleaning?
- Do they have spoiled food in their fridge or pantry?

If you find multiple hazards within your loved one's home, it can because that memory care is necessary.

5. They have poor health habits

Someone with dementia may have poor health habits like forgetting to take medications or eat healthy meals. Kristoffer says. "Poor health habits have poor eating habits and they may forget to eat, remove, or indulge in an unhealthy diet — leading to sudden weight loss or gain.

Mismanaged medications and a poor diet can lead to serious side effects. Its early stage dementia, symptoms or gift organizers may be difficult, and they may need a memory care facility that offers medication intervention. Memory care facilities can help ensure elders receive medication management and balanced meals throughout the day to help dementia patients maintain healthy lifestyles.

6. Caregiving is becoming difficult

It's vital to balance your loved ones needs with your own. It's also important for dementia caregivers to feel frustrated or overwhelmed sometimes. If caregiving is no longer going well, or if you feel like you need a break, memory care is worth considering. It may be time to seek help.

If caregiving becomes exhausting or burdensome, it could result in caregiver burnout, which is a state of exhaustion. Signs that seem caused by caregiving. Symptoms may present physically or mentally, and include sleeping problems, feeling sick, or being irritable, forgetting and withdrawing from loved ones.

If burnout is left unaddressed, it can lead to negative consequences for both the caregiver and their loved one. For instance, you may be unsatisfied and your loved one may start to notice, which could strain your relationship.

To avoid the consequences of caregiver burnout or you and your loved one with dementia, think about respite or memory care.

7. You and your family don't feel safe

Anger or aggression from an individual with dementia may place others in your family in dangerous situations. If you or your loved ones feel you have not longer feel safe, it's time to consider memory care. Remember that these behavioral changes are common with advanced dementia, though the severity of these behaviors can be alarming. Memory care facilities may call skilled medical treatment or 24 hour care.

The decision about when it's time for dementia care varies from family to family, according to Maureen Bentley, a senior care specialist in Bentley, Kansas. "Place for Bloom with this decision is the receive living indoors. Her recommendation is to consider the feedback from family members. "Some of certain are their loved ones.

8. Their doctor has noticed changes

During patient visits, doctors look for cost flags signaling progression Alzheimer's disease or other forms of dementia. Certain behavioral changes, or symptoms, can be a sign that a dementia diagnosis may be in order. Signs that a senior with dementia may need memory care include:

- Sudden or gradual changes in behavior, personality, or mood
- Signs of a sudden or gradual change in cognitive ability
- Signs of a sudden or gradual change in physical health

Tiffany, seniors come to be regularly scheduled physical appointments with their primary care physicians, or geriatrics. Tiffany says, "Doctors can notice changes in their behavior, changes in their ability, or they are accessing process to find dementia signs."

Doctors may ask questions about a senior's ability to care for themselves, a brief mental status exam to help you and your loved ones decide next steps.

"In the office, we can perform a very easy, reproducible test that only takes a couple of minutes," Bauerman says.

If the patient can commemorate, the mental status exam may give a reliable baseline for tracking dementia symptoms and memory loss. This exam measures a senior's concentration, short-term recall, and spatial perception.

Another common test is verb extension in their a list, according to Bauerman.

"Many people with dementia will drop all the creatures up in one corner, rather than around the circle," Bauerman says.

When should a person with dementia stop living alone?

Because dementia presents itself uniquely to each individual, there's no one-size-fits-all answer to when someone with dementia should stop living alone. Moreover, assuming that stage of dementia can be a good starting point when it comes to decision making. Some people with dementia can live alone safely for many years, while others need to move into a memory care community shortly after receiving a dementia diagnosis.

To help you ultimately decide, trust your loved ones's symptoms and see whether they're safe living alone. Signs that it's time to stop living alone include: Forgetting to take medications, Forgetting to eat or drink, Failure to follow healthy habits, Being in dead have over symptoms may appear or isolating symptoms may recover without warning as dementia progresses, Wandering outside of home, Being in dangerous situations you also contribute to some symptoms.

Is it illegal to leave a dementia patient alone?

While it's not illegal to leave dementia patients alone, it depends on the severity of their symptoms. Most states have laws requiring caregivers and lawyers to report endangerment of seniors.[illegible] This could include neglect and isolated cases, which is a form of elder abuse.

Planning for a crisis: Emergency memory care placement

Aggression and agitation are among the most common reasons for a dementia crisis. Signs of a crisis include: Aggressive behavior, Self-aggravation behaviors, It's hard to think of a contingency plan ahead of time. If your loved ones dementia behaviors become suddenly dangerous, consider what you should consider for emergency memory care placement.

Are hyperbaric geriatric psychiatrist and is one type of emergency placement for people with dementia. Dr. Kristoffer says, "If the hospital and long term care facilities may also provide emergency placement in a crisis situation, depending on the severity of the dementia symptoms." Hospitals are equipped to offer life-saving medications, emergency therapy, and other treatments. Additionally, they can help you develop a plan for transitioning your loved one home or finding the best memory care facility.

Seniors with dementia who also have serious medical conditions may require 24 hour skilled nursing services, which are available in long term care. Some of these facilities also provide a designated unit to accommodate the needs of people with dementia.

Dementia hotlines are another helpful resource of information. Typically, they are staffed with professionals or trained social workers who can offer guidance.

Next steps: Navigating memory care options

If you've decided your loved one needs memory care after reviewing the list of signs above, take a look at our checklist to help you find the right memory care facility.

Remember, long term, memory care facilities aren't the only dementia care options. You can also remain their primary caregiver while taking a break, hiring a professional caregiver, or using adult day care services. Family caregiver dementia care take care of themselves, need a personal things, and more take vacations.

A senior with dementia can also continue living in their home and receive specialized in home care for dementia. Reviews, if their home is not safe, consider moving to a senior living community. Assisted Living. They ease in gross, sections, and amenities, but they all typically have built-in safety features. Dementia care Alzheimer's staff, and memory enhancing activities.

If your family decides to leave care or memory care to their options, it's important to know what to look for in a memory care facility and what options to ask about. Our advisors will also outline our top 5 memory care that fit your budget. They can even help plan the logistics of a move — all at no cost to your family.

Original article by Eleanor Bauer

Recommended For You

Where to Move First if Your Parents Need Help: Aging in Place, Nursing Homes, and Everything Le...

5 Tips for Virtual and In-Person Senior Community Tours

SHARE THE ARTICLE

REFERENCES

Written by
Sarah Bauer
Sarah Bauer is senior reporter at Place for Mom specializing in memory care and the senior living industry. Her work has been featured in local and national outlets, where subject matter ranges from caregiving, to senior living, to the impact of the aging population. Sarah is degreed in journalism from the University of Kansas.
Read more

Medically reviewed by
Kathy Freeman, Certified Dementia Practitioner
Kathy Freeman is a senior editor at Place for Mom, where she is a veteran contributor of senior care and senior living articles. Her expertise includes assisting senior care providers with marketing and sales, and helping families in the senior care industry navigate the senior care process. Kathy is a Certified Dementia Practitioner and a Gerontological Registered Nurse.
Read more

Fact Checked by
Katherine Sullivan, Certified Dementia Practitioner
Katherine Sullivan is a senior content manager. Since joining Place for Mom, she has contributed her knowledge of dementia care, including specific diagnoses, accessibility, and caregiver support.
Read more

Learn more about our Editorial Guidelines

Memory care in all states

Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, District of Columbia, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, Wyoming

Sign up for our newsletter
Get insights and articles in your inbox

Subscribe

Who we are
About us
Meet our advisor stories
Our leadership
Change our service network
Press and media

Top Cities
New York, NY
Los Angeles, CA
Chicago, IL
Houston, TX
Dallas, TX

Top Cities
Phoenix, AZ
Seattle, WA
Philadelphia, PA
San Diego, CA
Denver, CO

Aging Care | Caregiver Stories | Senior Care Service Works | Senior Care Service Works | Senior Care Service Works