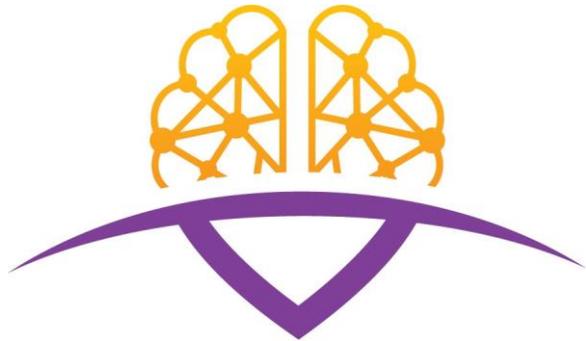


When your loved one  
no longer recognizes you...



**SERENITY**  
MEMORY CARE



**BLUE RIDGE**  
THERAPY CONNECTION

Your Memory Care Resource

# Don't you remember me?

When your loved one has dementia, there may come a time they no longer recognize you and view you as a stranger in their home, causing unsettling behaviors.

This can be alarming to say the least.

However, by knowing how to manage these behaviors and preparing accordingly, you can make this experience easier for both of you.

Allow us to help support you and your loved one through this journey.



# Managing behaviors when your loved one no longer recognizes family

Unfortunately, because many seniors with dementia lose the ability to recognize family members, it's essential to prepare for anything. From aggression and confusion, knowing how to respond can make all the difference in their behavior.

If your loved one doesn't recognize you and seems confused, it doesn't mean they've forgotten you. Do not take their behavior personally and instead, introduce yourself calmly and politely. Refrain from saying things like, "I'm your daughter, don't you remember?" or "Don't you know who I am?" as this can cause them to become agitated and upset at their loss of memory.

Your memory care resource



# Managing behaviors when your loved one no longer recognizes family

Sometimes, a loved one with memory loss will be paranoid you are stealing from them or are there to hurt them. Stay calm and do not argue with your loved one. Reassure them calmly that you are there to care for them or, if possible, go to another room and come back a little later to see if they respond better.

Keep in mind that your loved one, especially if you are their daughter or son, may not realize you are grown up. They may believe you are still young or a child. If this is the case, don't introduce yourself as their child. This can cause them to get angry or aggressive with you.

Your memory care resource



# Managing behaviors when your loved one no longer recognizes family

If your loved one is confused or uncertain of you, talk to them slowly, smile and maintain eye contact. They are often very receptive to body language. As they warm up to you, they may remember who you are and become more comfortable.

In the event your loved one becomes combative, especially when family members they haven't seen in a long time visit, ask them to perhaps come back later or another day. If they come from far away, find photographs of these family members and tell your loved one stories about them before they arrive, as this can decrease tension and can potentially help them remember who they are, ensuring a successful visit.

Your memory care resource



# Is this you?

When caring for my  
Mom with Alzheimer's...

I AM A HERO

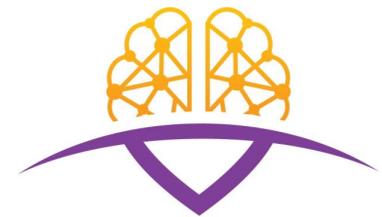
I AM STRONG

I AM FULFILLED

I AM A MARTYR

I AM OVERWHELMED

I AM DESPERATE



**SERENITY**  
MEMORY CARE

# Caregivers Caught in the Crosshairs

- Afraid to leave your loved one with anyone else
- Feeling overwhelmed and emotionally and physically exhausted
- Feeling depressed, angry, hopeless and helpless
- Sleep deprived and irritable
- Getting sick more frequently
- Gaining or losing weight
- Scared about what tomorrow will bring

We can give you peace of mind



# Serenity can bring you Peace

We named our program **Serenity** because we are committed to providing our residents with memory loss a calm and peaceful setting. **A Serene Life.**

Our Serenity residents enjoy:

- A secure & calming living space
- A person-centered philosophy that honors & celebrates individuality
- A dedicated staff that has gone through extensive memory care training
- Life enrichment memory loss programs
- Specialized therapies, sensory rooms and life stations
- Brain healthy dining program to energize and relax the mind

For more information, call 276-694-7161

