

Quiz:

Is Memory Care the Right Choice for My Parent?

Answer these questions to determine if a parent diagnosed with Alzheimer's disease or another form of dementia would benefit from memory care.

1. Is your parent safe living alone?

- A** There are no safety hazards and my parent's mental judgment and physical dexterity are good.
- B** There are some safety hazards, and my parent's judgment and dexterity are questionable.
- C** There are many safety hazards, my parent needs full-time care and is prone to wander.

2. Does your parent have social interaction?

- A** My parent is socially engaged with friends and family about the same as before their dementia diagnosis.
- B** Their dementia severely constrains social interaction, which is limited to visiting friends and family.
- C** They primarily interact with me and, occasionally, healthcare professionals.

3. Can you confidently provide the care your parent needs?

- A** My parent needs minimal care, can prepare healthy meals and handle activities of daily living.
- B** They need my periodic help to eat well, manage everyday tasks and maintain proper hygiene.
- C** They need my full-time assistance with eating, walking and toileting – it's more than I can handle.

4. Is being a caregiver causing you stress?

- A** My parent needs minimal care, so I have the time I need for family and work obligations.
- B** I'm spending more time providing care, which adds stress when combined with my other obligations.
- C** I feel overwhelmed by all the care my parent needs and I'm neglecting my other obligations.

Mostly A's Explore Your Options

Your parent appears capable of safely living alone with occasional check-ins from you. Explore memory care options now, before their dementia becomes more severe.

Mostly B's Prepare To Move Soon

Specially trained professionals offer care and social engagement tailored to those living with dementia. The program can help reduce stress, improve health and well-being, and potentially slow the rate of cognitive decline within a structured environment.

Mostly C's Memory Care Is Advised

Continuing to care for a parent with dementia on your own poses significant risks to both the health and safety of you and your parent. Memory care provides the secure environment and specialized support your parent needs. It will also allow you more time to dedicate to family, work and yourself.