



## Answering your questions

# Navigating Memory Care



The very first thing you can expect when you enter any Caraday community is a compassionate, friendly face. The spirit of Caraday Cares is in the heart of every team member and in our mission of caring for residents with a sense of pride and purpose.

Moving a loved one into a memory care community is never easy. Understanding what to expect can help you feel more prepared, supported, and at peace with the journey ahead. Our highly skilled and compassionate team is here for you and your loved one through this process.

### 10 Things to Expect When Your Loved One Moves into Memory Care

**1. Changes in Behavior Are Normal**

Your loved one may act differently than they did at home. This is part of the disease, not a reflection of your relationship. They may use words or speak differently than they did in the past.

**2. They May Wear Someone Else's Clothing**

It's common for residents to pick up or wear items that aren't theirs. Memory loss affects recognition and personal boundaries. Sometimes this results in misplaced or missing items.

**3. They May Form New Attachments**

Your loved one might hold another resident's hand or seek comfort from others. This is a natural expression of their need for connection.

**4. They May Not Recognize You Consistently**

Some days may feel familiar, others may not. This fluctuation is part of cognitive decline progression.

**5. Appetite and Eating Habits May Change**

They may eat more, less, or prefer different foods. Our team monitors nutrition closely to support their needs.

**6. Wandering or Restlessness Can Occur**

Memory care environments are designed to keep residents safe while allowing freedom of movement. The residents may also occasionally want to sleep in the wrong bed or room or wander into another resident's room and go through their things.

**7. Personal Routines Will Adjust**

Your loved one will begin to follow a structured daily routine designed for comfort, safety, and engagement. You may also see hygiene or habit changes where they resist regular grooming they once did or losing interest in things they once enjoyed.

**8. Emotional Ups and Downs Are Common**

You may see moments of joy, confusion, frustration, or calm—all within a short time. This is part of the disease process.

**9. You May Experience Mixed Emotions**

Guilt, relief, sadness, and peace can all exist at once. These feelings are valid, and you are not alone.

**10. You Are Still Their Anchor**

Even if they can't always express it, your presence, voice, and love continue to bring comfort and familiarity.



For more information call 512-641-8805, email us at [contact@caradayhealth.com](mailto:contact@caradayhealth.com) or visit [Caradayhealth.com](http://Caradayhealth.com)