

For all the diapers that you changed,
For all the play dates you arranged.

For all the trips back and forth to school,
For cleaning all the spit up and the drool.

Why is there only one Mother's Day?
You should have at least gotten the ENTIRE month of May!



Community News

What to Look for When Visiting Loved Ones

Everyone experiences slight lapses in memory as they grow older. It's when forgetfulness impedes daily life that it can be a warning sign of something else.



With this in mind, we want to share warning signs to look for when visiting your loved one this spring. Are their behaviors 'normal' aging or something more?

For example, common aging can include misplacing house keys and finding them through retracing steps. A warning sign of greater concern would be if those keys are later found in an unlikely place, such as under the kitchen sink. Likewise, it's common to stumble over words in conversation. A warning sign may include halting conversations without being able to continue because they cannot find the words.

Alzheimer's disease and related dementias are more than just mild forgetfulness. Alzheimer's affects how the brain functions and can manifest itself in different ways.

Some useful comparisons to help gauge what is 'normal' vs. what is an early sign of dementia, as well as tips for having that difficult conversation can be [found here](#).

If you have concerns about a loved one who may be displaying signs of cognitive impairment, there are more benefits to addressing the subject rather than avoiding it.

Helpful tips to plan your talk include starting with a comfortable environment, presenting solutions instead of obstacles, and expressing your concerns with compassion.

If you're searching for some guidance, ActivCare's Family Advisors can help guide families to find solutions.

Note: these examples are for information purposes only and are not a substitute for a consultation with a qualified medical professional. Speak with your physician about any questions or concerns regarding possible signs of dementia.