



GUIDE TO MEMORY CARE



CRANBERRY PARK

assisted living & memory care

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What Is Memory Care?



Memory care is a specialized form of care for older adults living with Alzheimer's disease, other forms of dementia, and cognitive impairments. These dedicated communities provide 24-hour supervised care in a secure environment designed to be easy to navigate, helping to reduce confusion for residents.

Memory care includes structured activities and routines to maintain cognitive abilities and enhance quality of life. Additionally, it also offers assistance with daily living tasks such as bathing, dressing, medication management, and more.

This type of care is particularly beneficial for older adults experiencing cognitive decline, as it provides personalized programming tailored to individual needs. Staff members are specifically trained in dementia care, creating a safe and supportive community where residents can maintain dignity and independence while receiving the appropriate level of assistance as their condition progresses.

How to Know When Memory Care Is Right For Your Loved One

Deciding when memory care is appropriate for your loved one requires recognizing several key signs. Safety is one of the most important factors to consider. Memory care communities offer a safe and secure environment, specifically designed to address common concerns associated with cognitive decline, such as wandering, leaving appliances on, or becoming disoriented.

In addition to safety, consider the following signs that may indicate your loved one could benefit from memory care:

- Diagnosed with Alzheimer's disease or other types of dementia
- Struggles to maintain daily hygiene, which includes bathing, grooming, and dressing
- Is unable to manage medications independently
- Requires supervision 24 hours a day
- Experiences increased confusion, agitation, or episodes of sundowning
- Feels socially isolated and withdrawn from friends and interests
- Consumes infrequent or unhealthy meals



What You Can Expect in a Memory Care Community

Memory care communities promote safety, security, and independence for seniors living with dementia. Many communities like ours feature shared living and activity spaces, enclosed courtyards, and customized activity programming. Here's what you can expect at an Optalis Memory Care Community:

Safety

- Consistent staff
- Secure outdoor courtyard
- Emergency call system
- 24-hour clinical team
- Structured routines to minimize anxiety and agitation

Person-centered care

- Tailored activities
- Health and wellness monitoring
- Assistance with activities of daily living (ADLs)
- Specialized care planning
- Dedicated team trained in dementia care

Hospitality

- Medication management
- Private and semi-private suites
- Nutritious meals and daily dining services
- Special diet and preference accommodations
- Exercise programs
- Pet and music therapy
- Caring team members who facilitate meaningful engagement

How Much Does Memory Care Cost?

Memory care costs can be significantly more than other senior living options, with the national median ranging between \$4,000 to over \$11,000 per month. Costs vary by state, accommodations, level of care services, and more.

Monthly memory care costs at an Optalis community start at \$8,190 but differ per location. Contact your location of interest for more information about specific costs.

Most communities, including Optalis, provide memory care as an all-inclusive fee with a few advanced care services or amenities available at an extra cost. Here's what is included at an Optalis memory care community:

- Housing - private or semi-private suite
- Utilities and maintenance services
- Three nutritious meals a day, plus snacks and beverages
- Medication management and administration
- Social activities and outings tailored to individual needs, interests, and abilities
- Assistance with activities of daily living, such as bathing, dressing, and grooming
- Housekeeping and laundry services
- Emergency response system
- Safety and security features
- Dedicated and specially trained team members



Questions to Ask When Choosing a Memory Care Community

1. What specialized training does the staff have?
2. Is there a registered nurse on-site or on-call 24 hours a day?
3. How does the team handle challenging behaviors, like agitation, anxiety, or aggression?
4. What safety and security measures are in place?
5. How are emergencies handled?
6. How does the team monitor each resident throughout the day and night?
7. How often are individual needs and interests assessed?
8. How do you communicate with families?
9. Is the community designed specifically to meet the needs of residents experiencing cognitive decline? If so, provide examples.
10. What are the costs?
11. Is there a waiting list?
12. What activities are offered?
13. How often do residents go on outings outside of the memory care community?
14. What therapies are available?
15. How does the team support nutritional needs and challenges?
16. How are special diets and preferences handled?
17. What are your visiting hours?
18. Do you have a support group for loved ones?
19. What financial assistance options are accepted?
20. What happens when my loved one requires more care?



Tips for a Smooth Transition to a Memory Care Community

Transitioning a loved one from their home or senior living apartment to a memory care community is a significant change. The process can be emotional and overwhelming for the senior and their family. Consider the following tips to help make the move go more smoothly:

Before the Move:

- Try to discuss the move with your loved one while they can still participate in the decision-making process so they feel included and valued.
- Provide the staff with a detailed life history of your loved one, including preferences, routines, and techniques that help calm them.

Setting Up Their New Space:

- Recreate familiar surroundings with familiar furniture, bedding, decor, and other meaningful items that evoke joy and love.
- Create a memory box near the door with personal mementos to spark memories and help with room identification.

During the Transition:

- Keep the actual moving day calm and as low-key as possible with minimal people involved.
- Establish a consistent visiting schedule to provide comfort.

Managing Emotions:

- Acknowledge feelings of guilt or grief that you may experience as normal and valid.
- Join a support group for families of memory care residents.
- Recognize that your loved one may express anger or confusion during the move.
- Focus on the positive aspects of the specialized care your loved one is receiving.

After the Move:

- Maintain regular communication with the staff, including participating in care plan meetings.
- Join your loved one for meals or activities.
- Bring familiar treats or activities during visits to create positive associations.

Contact Us for Your Memory Care Needs

Discover person-centered memory care at several of our Optalis and Cranberry Park locations for individuals living with Alzheimer's or other forms of dementia. Our communities offer secure, comfortable environments to promote independence and foster meaningful interactions. We provide tailored activities and therapies throughout each day, minimizing anxiety and encouraging engagement.

Contact us to learn more about our memory care options or to schedule a visit.

Contact Us

