

IS IT TIME FOR A CONVERSATION ABOUT MEMORY SUPPORT?



As your parents age, you may start wondering if they are still safe and thriving at home. Maybe Mom is becoming more forgetful, or Dad is struggling to manage daily tasks while also caring for her. If these concerns sound familiar, it might be time to consider memory support before an emergency forces a decision.

QUESTIONS TO ASK YOURSELF

- Is my loved one safe living alone?
- Are bills not being paid, or unusual expenses popping up?
- Is the home environment still suitable for their needs?
- Are they keeping up with medications and medical appointments?
- Have they had recent falls or other health concerns?
- Should we explore memory support options now rather than later?

Recognizing these concerns can bring feelings of guilt, worry, or sadness. However, taking proactive steps now can provide peace of mind and ensure your loved one's safety and well-being.

HOW TO START THE CONVERSATION

Talking about memory support doesn't have to be stressful. With patience, empathy, and love, it can be a positive discussion that respects your parent's independence and wishes. Here's how:

- **Lead with love:** Reassure them—"Mom, we love you and want to make sure you're safe and happy."
- **Seek their perspective:** Instead of saying, "It's time to move," ask, "What would make you feel comfortable as we explore your options?"
- **Focus on their priorities:** Ask what's important to them in a senior living community. Would they appreciate social opportunities, dining options, waterfront views, or the convenience of on-site medical care? (Hint: We have all of that at Harbor's Edge!)
- **Acknowledge their emotions:** This is a major life change. Validate their feelings and reassure them that they have control over their choices.

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TIPS FOR A PRODUCTIVE DISCUSSION

- **Talk in person.** Choose a calm and comfortable setting without distractions.
- **Show empathy, not sympathy.** No one wants to feel pitied. Instead, express understanding and support.
- **Don't rush.** Let them process their emotions and concerns. They may need time to adjust to the idea.
- **Plan for multiple conversations.** This is not a one-time discussion. It may take several talks before they feel comfortable with the idea of a transition.



PREPARING FOR THE TRANSITION

- **Make a list of concerns.** Are safety hazards in the home a growing issue? Are they struggling with daily tasks or forgetfulness?
- **Educate yourself.** Learn about different types of senior care, including independent living, assisted living, and memory support, to determine the best fit for your parent's needs.
- **Understand the impact of environment.** A well-designed memory support community can enhance safety, mental well-being, and social engagement, leading to a better quality of life.
- **Explore options together.** Touring communities with your loved one helps them feel included in the decision-making process and reduces anxiety about the unknown.



HARBOR'S EDGE: A NEW APPROACH TO SENIOR LIVING

Forget outdated ideas about senior living. Today's communities are vibrant, comfortable, and designed to meet physical, mental, and emotional needs while promoting independence. At Harbor's Edge, our Center for Memory Support provides personalized care in a welcoming, secure environment. Each spacious, light-filled apartment includes a private bathroom and awaits a resident's personal touch. Furnished, move-in-ready options with stunning Norfolk Harbor views are also available.

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The Center for Memory Support at Harbor's Edge offers:

- An easy-to-navigate Memory Support Neighborhood designed to accommodate individuals at all stages of dementia.
- Engaging fitness and cognitive programs that enhance mood and function, incorporating scientifically proven activities for cognitive stimulation.
- Expert care from a team trained in Teepa Snow's Positive Approach to Care, specializing in compassionate dementia and senior care.
- Restaurant-style dining that fosters resident choice and focuses on foods that help slow cognitive decline such as fish, leafy greens, whole grains, and dark chocolate.
- Community activities that foster social engagement and overall well-being.
- Convenience of having a pharmacy and medical services on site, and the availability of transportation services.



Positive
Approach[®]
to Care

TAKE THE NEXT STEP

If your family is starting to experience memory challenges, now is the time to explore your options. Our team is here to provide guidance, answer your questions, and help you and your loved one navigate this transition with confidence.

Contact April Hicks at 757-704-4940 or ahicks@harboredgenorfolk.com to learn more about how Harbor's Edge can support your family.

Starting the
conversation today
ensures your
loved one's future
is planned with
care, dignity, and
peace of mind.



The Center for Memory Support at
**HARBOR'S
EDGE**

