

Navigating Memory Care

Knowing When It Is Time & How To Choose

The Hidden Cost of Waiting Too Long

- **Wait for a crisis:**
 - **Fall**
 - **Caregiver burnout**
 - **Safety emergency**
- **An earlier transition = proactive and thoughtful choices**

Restoring the Relationship

- **Constant caregiving**
 - Routine of medical tasks
 - Anxiety
 - Physical exhaustion
 - Poor sleep
- **Proper Placement**
 - Care tasks to trained team
 - Reclaim companion roles
 - Respite for family/spouse
 - Quality time

Quality Placement = Quality of Life

- **Reduced anxiety**
- **Purposeful engagement**
- **Dignity and autonomy**

What is Memory Care?

**A secure, specialized living
environment offering 24/7 professional
care and cognitive programs tailored
for people with memory loss,
Alzheimer's, or dementia.**

Design Factors

Physical Safety

- Secured entry/exit
- Circular hallways
- Clear visual pathways
- Non-glare lighting
- Flat flooring
- High contrast colors

Sensory Friendly Layouts

- Reduced noise
- Clear signage
- Familiar, home like feel
- Activity nooks
- Low stimulation areas
- Enclosed outdoor areas

Person Centered Care Approach

- **Individuality vs diagnosis**
- **Autonomy and choice**
- **Relational care**
- **Empathy and perspective**

When Is It Time?

Warning Signs

- **Safety risks**
- **Physical and emotional decline of the caregiver**
- **Changes in the individual**
- **Inability to meet needs at home**

Memory Care Transition Guidance

- Avoid intervention type meetings
- Avoid question when there isn't a choice
- Expect emotional reactions
- Therapeutic framing/compassionate redirection
- Timing matters
- Preparing for the first few weeks

What To Look For In a Memory Care

Staffing and Training

- **Specific dementia care training**
- **Staff to resident ratios**
- **Day vs night staff**
- **Turnover**

Culture and Activities

- **Meaningful activities vs passive television watching**
 - Sorting
 - Music
 - Gardening
 - Reminiscing
- **How behavioral challenges are handled**
 - Without medication
 - Redirection

Dining and Daily Routines

- **Flexible dining options**
- **Finger foods for residents that wander**
- **Adaptive eating utensils**
- **Dignified assistance**
- **Low stimulation environment**

Signs of a “Good” Memory Care

- Residents are calm, clean, engaged, and safe
 - Staff interact warmly and respectfully with residents
 - Environment is clean and feels natural and calm
 - Transparent communication
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Support In The Meantime

Relief At Home

- **Kansas Respite for Alzheimer's and Dementia (K-RAD)**
 - \$1000 per year in financial assistance for adult daycare, overnight respite, etc
- **Navigating Decisions with Kansas Advocates for Better Care**
 - Unbiased guidance
 - Consumer information reports
 - Personalized support

ARE YOU CARING FOR A LOVED ONE
WITH ALZHEIMER'S OR DEMENTIA?

HELP IS AVAILABLE

The **Kansas Respite for Alzheimer's & Dementia Program (K-RAD)** is a resource for family caregivers who have limited access to respite care and/or other supports through current systems. The purpose is to provide relief to unpaid caregivers of individuals with a probable diagnosis of Alzheimer's disease or related dementia.



AM I ELIGIBLE?

To be eligible for K-RAD, a caregiver must meet the following criteria:

- Be a family member or other informal caregiver, 18 years of age or older, providing care to an individual of any age living with Alzheimer's or other related dementia.
- The care recipient must have a probable diagnosis of Alzheimer's disease or a related dementia.
- The caregiver must live in Kansas in the same home as the care recipient (persons residing in a long-term care community are not eligible). In the case the caregiver does not live with the recipient, an exception may be requested through KDADS.

See the reverse side of this flyer for more details.

Questions?

Email
KDADS.Dementia@ks.gov

or call the ADRC
Statewide Call Center
855-200-2372



Navigating memory care placement takes time, open conversations, and careful planning—it's a thoughtful process, not an overnight decision.

Thank you!

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