



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

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A Healthy Tradition of Care and Wellness

Tips for Deciding When the Time Is Right for Professional Memory Care Services

Experts suggest that the best decisions are made objectively, i.e. based on the facts and what is in the best interest of your loved one's well-being. They also provide us with useful guidelines to help make the right decisions.

For example, the **Alzheimer's Association** article "**Residential Care,**" <http://www.alz.org/care/alzheimers-dementia-residential-facilities.asp> provides a useful list of questions that can help you determine if it is time for your loved one to receive 24-hour professional care at a long-term care community that offers specialized memory care services. The questions include:

- Is your loved one becoming unsafe in his/her current home? Does he have difficulty climbing stairs, toileting and bathing? Is she at risk of falling?
- Is the health of your loved one or your health as a caregiver at risk? Have symptoms of the disease progressed to the point where they are becoming very challenging for you to manage in the home (e.g. incontinence, dehydration, aggression, paranoia and wandering)?
- Are your loved one's care needs progressing beyond your physical abilities? Is your loved one becoming increasingly dependent on you for help with activities of daily living, such as eating, dressing, bathing and toileting?
- Are you becoming a stressed, irritable and impatient caregiver? Are you feeling depressed, hopeless and having trouble sleeping?
- Are you neglecting your work responsibilities, your family or yourself?
- Would the latest professional care, support services and social interaction at a long-term care community providing specialized memory care services benefit your loved one?

The decision to move your loved one to a long-term care community can be fraught with powerful, conflicting emotions. Yet, the majority of caregivers who make this decision express a sense of relief in the knowledge that their loved one is receiving the care they need when they need it in a supportive, professional environment that also provides continuing social engagement.



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Discover our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Hospital, **Saunders House** – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.

Today, Saunders House offers a range of services including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on **Saunders House**, our Short-Term Rehabilitation program and other professional services, please call us today at **(610) 658-5100** or [contact us](#) online.

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