



Memory Loss vs. Dementia

“Normal” Memory Loss

- Forgetting the day occasionally, but figuring it out later
- Becoming irritated when their normal routine is altered
- Losing an item occasionally

Dementia

- Completely losing track of the day or season
- Getting extremely agitated when there is a small change in a routine
- Putting items in strange places, and then they're unable to find the items

An Empathy-Based Approach to Memory Care

At Legacy Memory Care neighborhoods, our specialty is caring for those living with Alzheimer's and Dementia. Our associates, called *Nayas*, have the industry's most trusted training from the National Council of Certified Dementia Practitioners (NCCDP). Unlike traditional senior living communities, our Nayas have been trained to incorporate residents in the rhythms of daily living. Nayas know if residents have a good appetite, how well they slept, and when they last exercised or participated in a new program. Understanding the big picture results in a healthier, happier, and more connected lifestyle.

Coping with Your Loved One's Dementia

Seeing someone you care about struggle with the symptoms of Alzheimer's and Dementia can be difficult and emotional, to say the least. We want you to know that we support you, and we are here to provide you with everything you need to know to get through these challenging times. Give us a call today and let us answer all the questions you have.

We're here for you. Give us a call at your local Legacy community today.



Located in Penfield, NY
585-381-0680



Located in Rochester, NY
585-244-3630



Located in Greece, NY
585-546-7275