



Finding Support & Resources Nearby

Many of those affected by dementia are concerned they've inherited dementia or could pass it on to their children.

Here's what we know:

- Family members, friends, and neighbors can work together to share responsibilities and provide breaks for the primary caregiver.
- Geriatric care managers are professionals who can suggest needed services and help you get them.
- Health care providers who specialize in dementia care understand the disease and level of care needed. These professionals can offer recommendations on how to meet those needs.
- Mental health professionals and social workers can provide needed emotional support and help develop plans to manage caregiver stress.

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