



3 Reasons Seniors with Dementia Need Engagement

1. Individuals with dementia may experience high stress and agitation. Going outdoors can allow for mood enhancement, lowered stress levels, and a lifted spirit.
2. Being in familiar places outside of the home can offer reality orientation and help them tap into what is going on around them.
3. Going out into society lessens that feeling of isolation often experienced by people living with memory loss.

An Empathy-Based Approach to Memory Care

At Legacy Memory Care neighborhoods, our specialty is caring for those living with Alzheimer's disease and dementia. Our universal caregivers, called *Nayas*, receive the highest level of training and certification 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