TERRA VISTA TIPS
STARTING THE CONVERSATION

When seniors have been diagnosed with memory loss, they can often feel depressed, anxious and ashamed – they may even refuse to accept or talk about their diagnosis. Memory loss changes everyone's lives, so it's important to support your loved one as much as you can during this difficult transition.

TIPS FOR TALKING TO YOUR LOVED ONE ABOUT THEIR DIAGNOSIS

Starting the conversation is important because it allows your loved one to begin to accept what is happening and helps you both come up with a plan for the future. This can be difficult and may take some time, so follow these tips to make communicating easier.

Read up on your loved one's form of memory loss as much as you can. This can help you know what to expect and help your loved one feel as though you understand them.

Provide them with as much support as possible. Whether you are comforting them through their emotions, joining them for educational classes or simply being there to listen to their concerns and fears, it's important to be someone they can talk to and lean on.

Give them some time to cope. Forcing the subject could cause your loved one to become angry or upset. Gauge their reactions and see how they may be feeling before bringing up their diagnosis. You are more likely to have a successful conversation if they are willing to talk.

If your loved one doesn't want to talk about their diagnosis, it can help to ask how you can support them or make them feel better. Use this feedback to provide them with the care and love they need during this time.

If they refuse to accept their diagnosis or seem to be increasingly depressed, talk to their doctor or the experts at a leading memory care community. They will be able to give you advice and tips to help your loved one.

Join us for an upcoming support group.
Contact Terra Vista today.

630.534.0886 **info@TerraVista.org**

YOUR TRUSTED RESOURCE IN MEMORY CARE

If starting the conversation isn't as successful as you had hoped, or to learn more about your loved one's diagnosis, contact the team at Terra Vista. We can provide you with expert tips to help you give your loved one the best support and care possible.

An Alzheimer's Assisted Living Community

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TerraVista.org

Terra Vista of Oakbrook Terrace
All Inclusive Memory Care Assisted Living