

Age-Related Memory Loss vs. Dementia



Is it normal forgetfulness or something more serious? Learn the key differences between age-related memory loss and dementia.

Age-Related Memory Loss:

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

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 being unable to find them

An Empathy-Based Approach to Memory Care

At Watermark communities, individuals lead enriching and rewarding lives in a setting where expert care always includes empathy and a loving approach. Our groundbreaking Memory Care program integrates each resident into the rhythms of daily living, creating mindful moments of connection, engagement, and growth. Trained and certified in partnership with the National Council of Certified Dementia Practitioners, universal caregivers known as *Nayas* create deeper connections and provide more personalized care within a nurturing environment.

Contact us today to learn more and schedule a private visit.
You're not alone – we are here to help you and your loved ones.

