

Engagement Matters: 3 Reasons Why



When a loved one is living with Alzheimer's disease or dementia, social engagement is vital. Here are three reasons why:

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 a sense of comfort, inspiring feelings of nostalgia, engaging the senses, and boosting well-being.
3. Going out into society decreases feelings of isolation often experienced by people living with memory loss.

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.

