

Getting the Help You Need



When a loved one receives a diagnosis of Alzheimer's disease or dementia, the entire family is affected. Learn how to find support and resources where you live:

- 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 emotional support, and help develop plans and strategies to manage caregiver stress.

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.

