



# CARING FOR A PARENT WITH DEMENTIA

A Step-by-Step Home Care Plan That  
Makes Family Life Easier





## WELCOME!

Caring for a loved one with dementia isn't just about managing their daily needs — it's about protecting their dignity, preserving their independence, and keeping your home filled with calm and connection. At Mema's Home Care Services, we've seen how the right plan can transform chaos into comfort.

This guide is designed to walk you through building a safe, nurturing home environment where your loved one can thrive — while giving your family the peace of mind you deserve.



# MEET GAIL — THE HEART BEHIND MEMA'S HOME CARE SERVICES

Hi, I'm Gail Ross, founder of Mema's Home Care Services and the author of "Caring for a Parent with Dementia: A Step-by-Step Home Care Plan That Makes Family Life Easier."

At Mema's, we believe in family-first care — care that honors love, dignity, and independence. With over 23 years of healthcare experience, I've seen firsthand the difference that compassionate support can make. My passion for helping others grew from my own experience caring for my aging mother — assisting with her daily routines, sharing laughter, and creating joy in the small moments.

Those personal experiences inspired me to create a service where caregivers don't just provide assistance — they bring comfort, familiarity, and companionship to every home. Through Mema's Home Care Services, we help families care for their loved ones safely at home, especially those living with dementia or other conditions that require attentive, personalized support.

Our trained caregivers provide compassionate, consistent, 24-hour care, giving your loved one comfort and independence — and giving your family peace of mind.

It's more than just care — it's about making home the safest, happiest place to be. ❤️





# UNDERSTANDING DEMENTIA AT HOME

When someone you love is living with dementia, every day can feel different. What remains constant is their need for familiarity, gentle communication, and routines that make them feel secure.

Big agencies often rotate caregivers frequently, which can leave seniors confused or unsettled. At Mema's, we do things differently. We maintain small, dedicated care teams trained specifically in dementia support. That means your loved one spends each day with familiar faces who understand their habits, their preferences, and what comforts them most. That consistency is a key part of dementia-friendly care — and it's something families across our community rely on us for.

*They may forget what you said, but they will never forget how you made them feel.*

– Carl W. Buechner





# CREATING A SAFE AND SUPPORTIVE ENVIRONMENT

Safety is always the foundation of effective home care. In homes affected by dementia, the smallest adjustments can prevent accidents and help your loved one move about confidently.

We recommend:

- Keeping pathways free of clutter and tripping hazards.
- Securing rugs, cords, or small décor that could lead to falls.
- Using soft lighting that mimics natural daylight to reduce confusion at dusk or dawn.
- Installing simple locks or alarms for external doors to prevent wandering.
- Maintaining clearly labeled drawers and cabinets for easy visual cues.
- Cameras for monitoring at night.

But safety isn't only about the surroundings — it's about the people. Our dementia-trained caregivers are observant and methodical, gently redirecting unsafe behaviors without causing fear or frustration. Unlike agencies that send new staff every few days, your Mema's caregiver knows your loved one's patterns well enough to anticipate risks before they arise.





# BUILDING COMFORT THROUGH CONNECTION

Routines create comfort. Simple, familiar activities connect your loved one to happy memories: folding laundry, preparing a snack, or listening to favorite music. These rituals build confidence and joy.

At Mema's, we believe caregiving is not only about assistance — it's about companionship. Our caregivers are chosen as much for their warmth as for their skills. We chat, share stories, and join your loved one in meaningful activities, cultivating an atmosphere that feels more like extended family than hired help.

Big corporate agencies may keep strict task lists — we focus on relationships. Every smile, every familiar voice, and every gentle reassurance forms the heart of our work.

*Be in the moment  
with them. They may  
not remember you  
are there, but YOU do*

– Joyce O. C





## ENCOURAGING INDEPENDENCE

Many families worry that bringing a caregiver into the home might take away their loved one's independence. In reality, compassionate home care enhances it.

We design care plans that empower, not limit. Maybe that means encouraging your loved one to help choose what to wear, or giving them time to complete a task without rushing. With consistent support from trusted caregivers, they stay active in their own routines while enjoying safe freedom around the home.

That's the difference a smaller agency like Mema's makes — care that adapts to your family, rather than pushing you into a one-size-fits-all program.



# BRINGING PEACE OF MIND TO THE WHOLE FAMILY

Behind every care plan is a family doing their best — balancing work, emotions, and love. We understand that, because we've lived it too. Our mission is to lift that weight from your shoulders.

With fewer caregiver rotations, around-the-clock consistency, and deep dementia-specific expertise, Mema's Home Care Services ensures your loved one receives unwavering attention day and night. That reliability gives you freedom to rest, reconnect, and simply be family again.

Caring for someone with dementia can test your patience and your heart — but you don't have to face it alone.

*Sometimes asking for help is the only way to demonstrate true courage and self-reliance*





## YOU'RE NOT ALONE IN THIS JOURNEY

You've taken an incredible step by learning how to care for your loved one with understanding, patience, and compassion. Every moment you spend building routines and creating comfort makes a real difference — for your loved one and for yourself.

But it's okay if you need more help. Dementia care can be overwhelming, and you don't have to navigate it alone. At Mema's Home Care Services, we specialize in providing the consistent, 24-hour dementia care that brings stability back into your home and peace back into your life.

We're ready to walk this road with you — one calm, confident step at a time.

[SCHEDULE YOUR FREE CONSULTATION](#)

Learn how our dedicated, dementia-trained team can help your loved one stay safe, happy, and connected at home.

Because with Mema's, every new day is filled with care, comfort, and hope. ❤️

[www.memashomecareservice.com](http://www.memashomecareservice.com)