



UNDERSTANDING DEMENTIA

**A Family Guide to Recognizing the
Signs and Knowing When to Step Back**

“Helping families understand, adapt, and find peace”

www.memashomecareservice.com



MEET YOUR EXPERT

Hi, I'm Gail Ross, a seasoned healthcare professional with 23 years of experience in trauma centers. Driven by a passion for helping others, I founded Mema's Home Care Services to provide personalized and compassionate care for families and their loved ones.

After caring for my mother, I realized the profound impact of attentive support and could not simply retire. My commitment to enhancing the quality of life for those living with dementia and other conditions is at the heart of everything we do.

Through Mema's Home Care Services, we give your loved ones the comfort and independence they deserve while offering your family peace of mind.

Happy caring! Gail Ross

Contact

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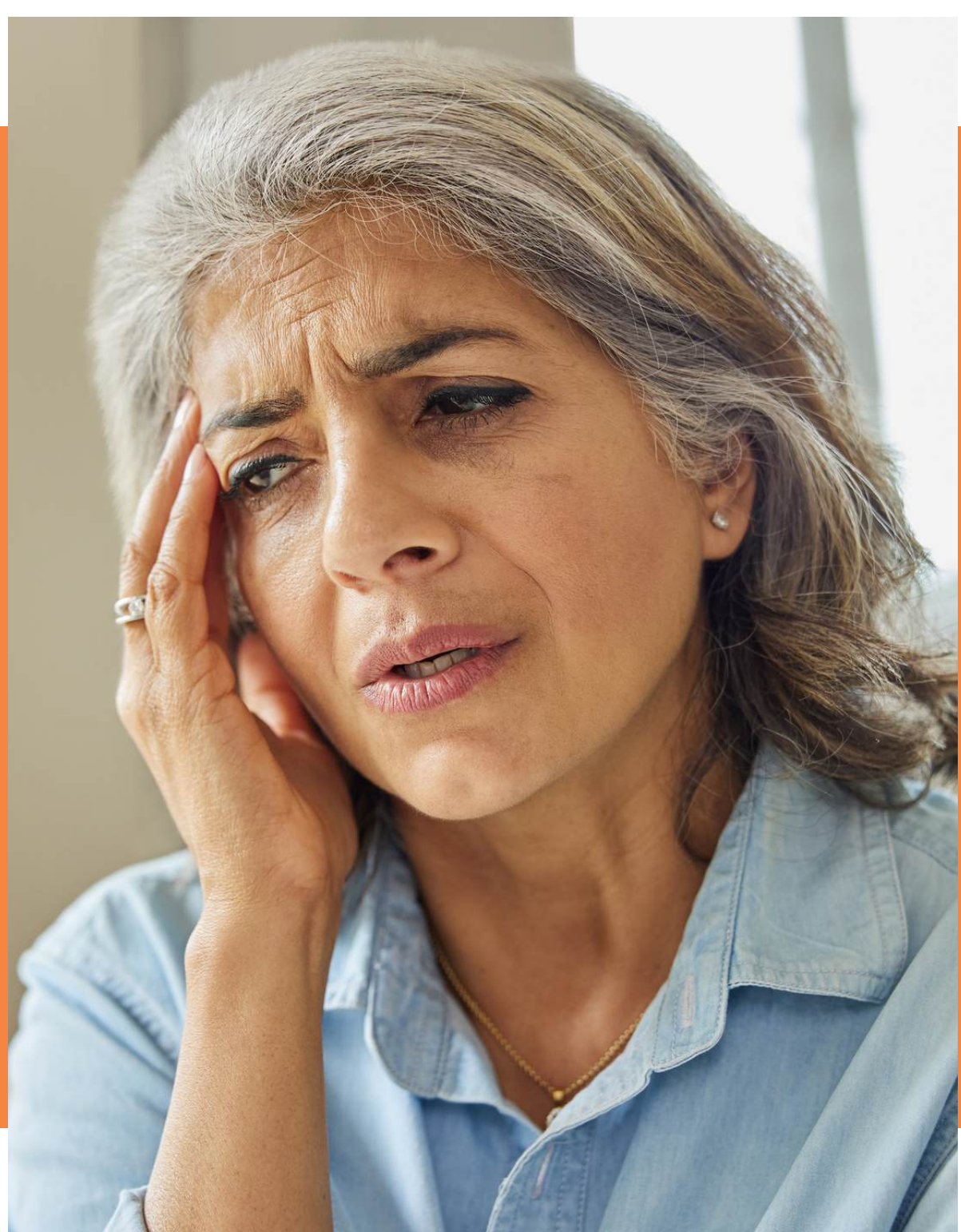


Caring for a loved one with dementia can be a rewarding yet challenging journey. This checklist and self-assessment guide are designed to help you navigate this path with clarity and confidence.

Checklist: Recognizing the Signs

- Memory Loss**
Noticeable memory lapses, especially forgetting recently learned information.
- Confusion**
Increased confusion about time, place, or familiar tasks.
- Language Difficulties**
Trouble finding words or following conversations.
- Mood Changes**
Unexplained mood swings or personality changes.
- Apathy**
Loss of interest in activities they used to enjoy.

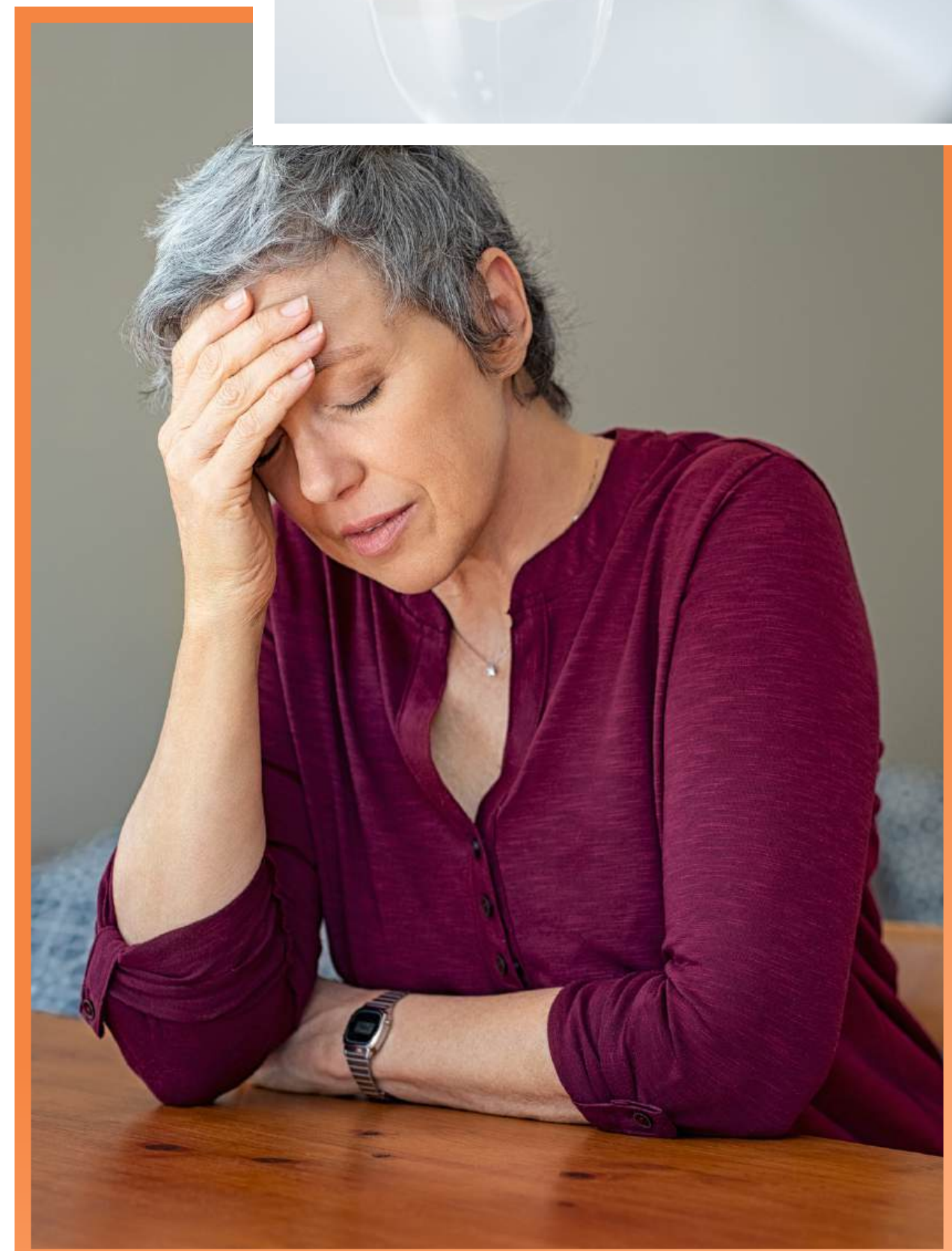
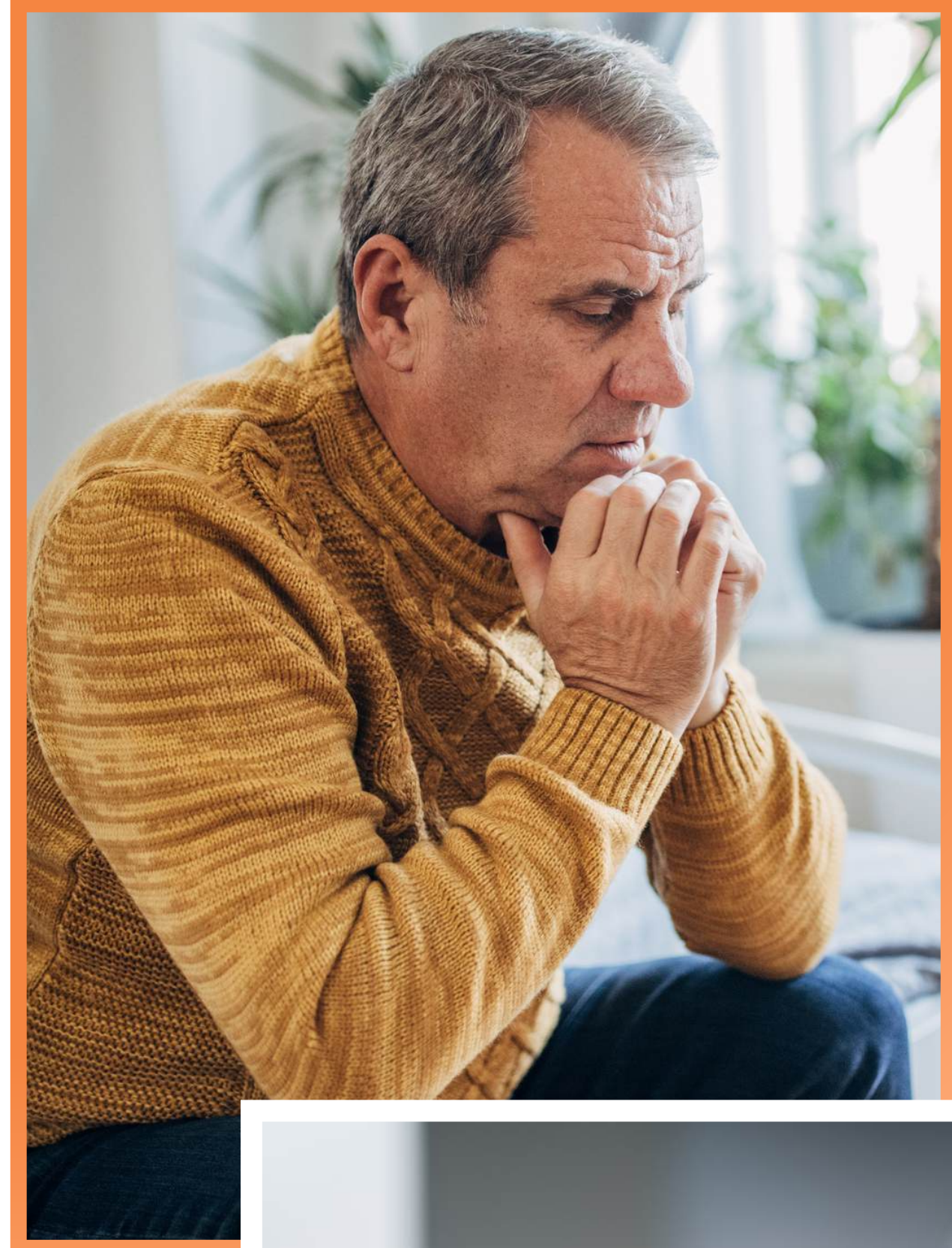
These signs may indicate it's time to evaluate the level of care your loved one needs.



SELF-ASSESSMENT: KNOWING WHEN TO STEP BACK

- Emotional Stress**
Are you feeling overwhelmed, anxious, or emotionally drained?
- Physical Exhaustion**
Are caregiving duties affecting your physical health?
- Safety Concerns**
Are you worried about your loved one's safety when you're not around?
- Limited Time**
Is balancing caregiving with other responsibilities becoming difficult?

If you identify with any of these concerns, additional support could be beneficial.



NEXT STEPS

- **Consider Your Options:**

Explore professional home care services that offer the specialized support your loved one needs.

- **Book a Consultation:**

Take the first step by scheduling a no-pressure consultation with us. We'll discuss your unique situation and how we can help.

Your journey doesn't have to be one of stress and uncertainty. By recognizing the signs and knowing when to step back, you can ensure your loved one remains safe and comfortable, while you focus on the moments that truly matter.



BOOK A CALL

You now hold a valuable tool to help you navigate the caregiving journey with confidence. Recognizing the signs of dementia and knowing when to seek support can transform your experience from one of stress to one of empowerment and clarity.

Remember, you are not alone. At Mema's Home Care Services, we are here to provide the compassionate, personalized care your loved one deserves, allowing you to focus on the moments that truly matter.

Take the First Step Toward Peace of Mind

SCHEDULE YOUR FREE CONSULTATION

Let's explore how we can support your family's journey with the care and dedication that make all the difference.



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