



# When is it Time for Memory Care?

It can be difficult to tell when a loved one needs help with their memory. Sometimes they could be having a bad day, or maybe it appears to be a normal sign of aging. However, there are often definite signs that it may be time to move into a memory care community.

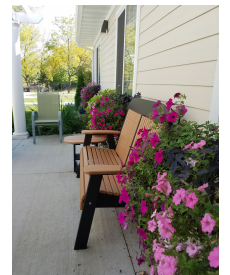
## Questions to think about...

- Have you noticed a change in behavior? Are they not acting like themselves?
- Is their living environment unkept? Are they hoarding?
- Is your loved one experiencing increased confusion and more disoriented?
- Are they unable to keep up with personal hygiene?
- Do they get lost in familiar areas, such as when taking a walk, or going for a drive?
- Is there a struggle with paying bills and managing finances?
- Are friends and other family beginning to worry and commenting on the changes?
- Has there been a change in their sleeping habits or diet?
- Are you concerned about their safety?

## Need to talk?

If there are concerns, it is highly advisable to speak with your loved ones' health care provider if possible. In addition, there are many resources and support networks that can provide information on if memory care is appropriate for your loved one. Some are listed below. Then as always, you can call one of our communities to speak with us about your concerns and help you with your questions.

- Alzheimer's Association - [www.ALZ.org](http://www.ALZ.org)
- Senior Linkage Line - 1.800.333.2433
- ACT on Alzheimer's - <https://actonalz.org/>



*Stop by for a tour!*



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