

The Power of Presence

A Family Guide to Visiting Loved Ones in Memory Care

Visiting a family member with Alzheimer's or dementia is one of the most significant ways to support their emotional health. At **Windchime of Marin**, we see every visit as a therapeutic opportunity to reinforce identity and connection.

Why Your Visits Matter

- **Emotional Grounding:** Familiar faces provide a sense of security and "home," even if the resident cannot explicitly state your relationship.
- **Reduced Isolation:** Regular socialization combats the depression often associated with memory loss.
- **Sensory Stimulation:** Your voice, scent, and touch provide multi-sensory engagement that promotes brain health.

Pro Tip: The "Feel" Remains

Even if a loved one forgets the details of your visit shortly after you leave, the *emotional resonance* of the joy they felt stays with them for hours afterward.

Tips for a Meaningful Visit

- **Bring Triggers:** Photo albums, favorite music, or a familiar scent (like a specific flower or perfume) can spark reminiscence.

- **Focus on the Now:** Don't quiz them on the past. Enjoy the current moment—shared laughter, a walk in the *Oak Grove Garden*, or a quiet cup of coffee.
- **Keep it Simple:** Sometimes just sitting in silence or holding hands is the most powerful form of communication.

Connection is the antidote to the confusion of dementia. Your presence makes a world of difference.

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