

Recognizing the Early Signs of Dementia



Watching a loved one experience symptoms of Alzheimer's disease or dementia is difficult – but the sooner you take action, the better. If you notice any of the following symptoms, don't ignore them:

- Confusion, particularly related to time or place
- Changes in mood or personality
- Difficulty remembering new information
- Growing depressed and withdrawn
- Trouble problem-solving
- Increased anxiety
- Trouble communicating (verbally or written)
- Getting lost, especially on one's way to familiar places
- Routinely misplacing commonly used items
- Exhibiting signs of paranoia
- Exercising poor judgment

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.

