



THE  ARLINGTON

SUPPORTING FAMILIES DURING MEMORY CARE VISITS

Tips for Meaningful and Comforting Visits

THE GIFT OF BEING THERE FOR YOUR LOVED ONE

Spending time with our loved ones is an invaluable gift, offering them the comfort of our presence and the assurance of our support along their memory care journeys. We are honored to be your partner, guiding and advising you with compassion.

We are a 24/7 caring and cooperative community, and you are always welcome here. To make your visits the most meaningful, we recommend stopping by when your loved one is not actively engaged in a program. The best times are usually just before or after meals, or you can always enjoy a meal with them, too. Our daily meal and snack times are: **Breakfast: 8:00 a.m. – 9:30 a.m.; Snack: 10:30 a.m.; Lunch: 12:00 p.m. – 1:30 p.m.; Snack: 2:30 p.m.; Dinner: 5:00 p.m. – 6:30 p.m.**

MAKING VISITS MEANINGFUL

- Keep visits calm and focused.
- Bring familiar items (photos, favorite blanket, small keepsakes).
- Share simple activities: music, poetry, photo albums, gentle walks.
- **Engage your senses:** try touch, scent, or taste (if safe), or hum a familiar tune.
- **Remember:** Presence matters more than words.
- If you are visiting in their room and need to leave, walk with them out of their apartment home and take them to the activity program that is taking place so they are redirected to the program and will not witness you leaving.
- Someone living with dementia loses sense of time, so please do not feel pressured to have to visit for a certain amount of time. It is the quality of the visit, and sometimes 15 minutes is just enough, depending on your loved one's mood and your own. We are human.

HELPFUL COMMUNICATION TIPS

When speaking with your loved one, focus on creating comfort and connection. Sometimes well-intended phrases can cause anxiety or confusion.

TRY TO AVOID SAYING:	INSTEAD, YOU MIGHT SAY:
<p>“Do you remember...?” <i>This can feel frustrating if they cannot recall.</i></p>	<p>“It’s nice to be with you.”</p>
<p>“I told you already.” <i>Repetition is part of the disease, not forgetfulness.</i></p>	<p>“I enjoy our time together.”</p>
<p>“You just asked me that.” <i>Instead, respond as if it’s the first time.</i></p>	<p>“That looks beautiful/interesting/delicious.”</p>
<p>“I am going home now.” <i>This may trigger sadness or agitation if they feel left behind.</i></p>	<p>“I’ll see you again soon.” OR “I need to go run some errands and will be back.”</p>

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