

In Home Dementia Care in Winchester

If your loved one is one of the 5.3 million Americans suffering from dementia, you know the challenges of providing care. What may begin as initial, occasional forgetfulness can progress into impaired communication, poor judgement, disorientation, confusion, aggression, and problems with swallowing and walking. As our population ages, the increase in [people with dementia](#) will be startling – by 2025, 7.1 million people are expected to have this disease.

The question arises: what type of care is best for a person suffering from dementia, also referred to as memory care? What are their wishes and how can that fit into your lifestyle if you are the caregiver? What is best ... home care, facility care, or skilled nursing? It really depends on the person and the level of care they need.

Questions to Ask Yourself

To determine the level of care that is best for your loved one, ask yourself these questions:

- Do you have the time to be the primary caregiver?
- Is your own health strong enough to handle being the primary caregiver?
- If not, do you have family members, friends or relatives that can help?
- What is your loved one's financial situation?
- Based on the financial situation, should your loved one live with you, have home care, or need a skilled nursing facility?
- Specifically, what care is needed? Do you need [non-medical care](#) or medical care?
- Is your loved one aggressive or have behavioral issues?
- Does your loved one wander off?
- Does your loved one need 24/7 care?
- Does your loved one have medical issues in addition to Alzheimer's or dementia (e.g. diabetes)?

Understand, your answers may change as the disease progresses. Of utmost concern is your loved one's health and safety.

Types of Dementia Living Facilities

There are different types of care available to a person with dementia:

- **In Home care.** Caregivers come into your loved one's home on a part-time or full-time basis. Services can include personal care, companion care and coordination with other medical professionals such as doctors, nurses, and physical therapists.
- **Adult Day Care Centers.** Adult day care centers give caregivers a place to keep their loved ones during the day and an opportunity for your loved one to socialize and take part in planned activities.
- **Retirement or "Independent Living" communities.** This type of living arrangement allows individuals to live on their own in an apartment or home that provides some amenities such as one meal per day; limited transportation; social activities, etc. Supervision is limited.

- **Assisted Living Centers.** Assisted living centers bridge the gap between living independently and living in a nursing home or skilled nursing facility. Typical assisted living services include transportation, 3 meals per day, social activities, regular housekeeping and, typically, medical staff such as an LPN or RN available during normal business hours.
- **Skilled Nursing Facilities.** Also called nursing homes or long-term care facilities, skilled nursing provides around-the-clock care and is usually staffed with on-site nurses and doctors. Some skilled nursing facilities have separate wings or buildings specifically for dementia patients.

In Home Dementia Care

At FirstLight HomeCare of North Western Virginia, we provide in-home, non-medical dementia care with a care plan that is individualized and comprehensive. Our dementia care services are designed to meet specific needs, interests and abilities. Our caregivers undergo special training to meet your loved one's health and behavioral needs. Many dementia patients want to remain in their own home for as long as possible, among familiar and comfortable surroundings.

Call us today for a free, in-home consultation and the opportunity to chat with someone who's been in your shoes; we're here to help.