

Tips for Coping When a Spouse Moves to Memory Care

As much as seniors would like to keep their spouse with memory loss living at home, it's often not the right option for themselves or their spouse. Many caregivers can't provide the lifestyle that's needed in order to keep their loved one happy and healthy, and many can't provide the level of care that's needed as memory loss progresses. In order to ensure your spouse receives the utmost care in an environment where they will thrive, it is a good idea to move them into a leading memory care community. Try following some of these tips from Caring.com that can help make the coping process easier. In an article titled "Five Reasons Why Music Boosts Brain Activity," it states that researchers have found that music therapy boosts brain activity in those with memory loss in a number of ways, such as:

- **Make a plan.** Make a plan before your spouse moves. Discuss, if possible, how often you will visit, if you will have meals together on any special day of the week or if there are any programs you could both participate in together. If your loved one is unable to make this plan with you, map out your own schedule and make it a routine so that your loved one knows when you are likely to visit.
- **Ensure the community supports spouses.** Many leading memory care communities, such as Aspired Living[®] of Prospect Heights cater to couples who have a spouse in memory care because they understand the challenges moving may bring. Be sure that the community can accommodate everything your loved one needs while still providing support in your relationship.
- **Understand that having trouble coping is normal.** It's common to feel guilty and depressed about moving your spouse to memory care. Understand that this is normal and expected. It's important to realize that your reasons for moving your spouse were for their best interest. Not only are they able to receive all the care that they need but they are also able to live a lifestyle with programs that are tailored directly to their needs.
- **Join a support group.** If you are having trouble coping with your decision to move your spouse into a memory care community, consider joining a support group. There, you are able to socialize with others facing the same journey and can learn valuable information and find support that can help make coping easier.

We Would Love to Hear from You!

If you have comments or questions about our blog, we'd love to hear from you. We also welcome you to read our [recent blog articles](#) on current caregiver and memory care topics.

Live Well. Age Well. Be Well.

Now open and offering [Independent](#), [Assisted Living](#) and [A Knew Day[®] Memory Support](#), Aspired Living[®] of Prospect Heights is a distinctive senior living community designed to offer seniors residing in the Chicago Northwest Suburbs area a fresh alternative to "typical" senior living communities.

Aspired Living[®] of Prospect Heights provides residents with the ideal balance of personalized support, dignified privacy and enhanced independence complemented by luxurious amenities and our life-enriching, award-winning [VIVA!SM programming](#).

Live Well. Age Well. Be Well.



Managed by Pathway to Living®, an innovator in senior living, Aspired Living® offers the choice of private apartment floor plans and the beauty of a brand new community, stunningly appointed and decorated for unsurpassed comfort and style by the award-winning senior living design firm, Thoma-Holec Design, Inc.

For more information, please call Diane or Janette, Lifestyle Specialists, at 847-243-6920.

***Disclaimer:** The articles and tip sheets on this website are offered by Aspired Living® of Prospect Heights for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*

Live Well. Age Well. Be Well.

847.818.1808 | AspiredLivingProspectHeights.com
708 N. Elmhurst Road | Prospect Heights, IL 60070

A Pathway to Living® Community