

Ten Tips To Ease Transition into Memory Care

8/9/2016 from <https://www.ebenezermemorycare.org/blog>

When persons with dementia move into a memory care community, it can take from several weeks up to three months or more for the person to adjust and feel comfortable with the new environment and routine. From my personal experience working with memory care residents at one assisted living for over a decade, I would say the average amount of time before the person settled in was no longer than a month. Your loved one may be angry for a while, and may seem more confused than before. This is a perfectly normal phase. Rest assured, things will improve in time.

Here are ten tips to help ease the transition:

1. If your loved one has limited short-term memory, it may be helpful to reassure them that staying in this new place is “temporary”, i.e., “just for the summer”, “just for a few months”. Telling them, “The doctor wants you to stay for a little while” may work if the person has a very good relationship with their doctor, and if they tend to place their doctor on a pedestal. “Stay for supper. You have a reservation, and the meal’s already paid for” might also be an effective approach.
2. Introduce your loved one to other residents and staff as though these people are already your friends.
3. Avoid explanations like “You’re here so they can take care of you.” A person with dementia may not think that he or she is sick. Likewise, “This is your home now!” is probably the least comforting thing you can say to a person who feels out of place. Instead of trying to argue with the person, focus on empathizing with their feelings, then distracting them. “I know it’s strange to be in a new place. Hey, I hear they have a lovely patio – let’s find it!” Or, “Of course you don’t like it yet. You only just got here. See how you feel in a few days! ”
4. “I’ll help you get used to it” might be reassuring to your loved one, especially if you actually follow up on that. Attend activities with your loved one, eat a meal with them and make conversation with their new “friends”.
5. Decorate your loved one’s room with items that define who this person is. You want staff to be able to know something about them the minute they walk in the room. An example might be a person whose hobby was making quilts. You could

put a beautiful quilt on the bed or on the wall, and bring her sewing box with fabric pieces, yarn, thread (no pins) patterns, measuring tape, etc.)

6. Create familiarity in your loved one's room by bringing their favorite chair or other significant familiar possessions. Avoid photos from their recent past, (unless the photos are of grandchildren). Pictures of their mom and dad, or of you when you were a child, will be more relatable. You could even write the names of the people under each photo to give staff members a good starting point for making conversation.
7. Hang items on the wall at 5' or below, wherever your loved one's line of vision is. They need to be able to see and touch their belongings.
8. If allowable, distinguish the door to their room or apartment with their name or signature, hung about 4 feet up.
9. If allowable, hang an 8 x 10 photo of when your loved one was much younger to the side of the door or place it in a Memory Box Cabinet. This is a wonderful tool to help people with dementia identify where they live. Many persons with dementia think of themselves as much younger than they actually are. Staff members will also benefit from seeing this photo, it reinforces that your loved one is a complete person who has lived a long and full life.
10. Lastly, a tip for your benefit: Please do not bring in items of great value that you would regret losing. Wedding rings often fall off fingers and get lost. Some residents with dementia are fond of giving things away. My own mother threw most of her valuable jewelry in the trash at one point. Some families replace a wedding ring with a similar piece of costume jewelry in order to avoid losing that heirloom. Others simply promise their loved ones that they will keep it safe for them.

Many of these wonderful tips are taken from the wonderful guidebook, Moving a Relative with Memory Loss, by Laurie White and Beth Spencer, available through Whisp Publications.

Moving your Loved One into Memory Care? Four DOs and DON'Ts to make for an easier transition.

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There are many different ways that families handle communicating with their loved one about a move to memory care. The most successful plan will be designed to meet your loved one's needs.

Some family members don't tell the person they are going to move, knowing this could create undue anxiety. Other families are completely honest with their loved one about the need for "more care" and they have their loved one participate in the move.

However you decide to handle the communication, make sure all family members are on the same page, and keep in mind the following guidelines:

DON'T keep reminding your loved one they are moving if it makes them anxious. You might try telling them once, in a matter of fact manner, to see how they take it. If it stresses them out to talk about a move, don't keep bringing it up.

DO reassure the person that they will be getting more help. Because of their dementia, they may bring up the same concerns or fears over and over. Let the person voice their concerns, and be understanding in your replies, i.e. "I can see why you're worried about that. We'll figure it out."

DON'T pull your loved one into the details of the planning and packing process. Don't ask them to decide what to bring and what to leave behind. With memory loss, decision making and any process with multiple steps will present challenges. If you don't already know which objects or knick-knacks are most important to your loved one, spend time observing what things around their home they use and enjoy on a regular basis.

DO work with a move manager. A great example comes from a family who had one daughter take mom out for a morning of shopping followed by lunch, while the other daughter was assisting the move manager. The move manager set up the new apartment to look almost identical to the room in the old house where mom spent most of her time. When they brought mom into her new apartment, she knew something was different, but she felt very much at home right away.

DON'T over-pack. Memory care apartments are small for a reason – large spaces with lots of “stuff” can be overwhelming and anxiety-inducing for people with memory loss. A smaller space with a manageable amount of items in it eases the mind. Again, pay attention to what your loved one actually uses throughout the day and bring just what he or she needs. If your loved one misses something, you can always bring it later.

DO consider leaving the TV at home. As memory loss progresses, TV shows can be hard for people to follow. They can also be upsetting, as they can be confused with reality. Bring music, family photo albums and art or photography books instead – they are more therapeutic. Consider leaving valuables behind too. A person with dementia often picks something up, puts it down, and then forgets where it is. Save yourself the heartache of a missing wallet or priceless family heirloom by not bringing it to the new memory care apartment.

DON'T get started too late in the day. Try to get the move done so that your loved one is settled in their apartment by 2 or 3 p.m. at the latest. As the day progresses we all get tired, but a person with dementia will not cope as well as the rest of us. Enlist more moving help if you need the extra hands to be finished by 2 p.m. – it will make the transition smoother.

DO remember that people usually adjust quite well to their new environment, but that this could take around 2-4 weeks. Be reassured in knowing the staff in the memory care community are there to help your loved one settle into a comfortable routine. Because the new environment (not only the apartment but also the programming and the structure of the day) is designed to fit the needs of a person with dementia, you will start to notice your family member more at ease than they were before the move. When your focus returns to your relationship with your loved one, rather than the details of day to day caregiving, you will also be more content, knowing you have made the right decision.

Adjustment After Transition: Concerns for People with Dementia

Blog article from <https://blog.arborcompany.com/how-long-should-it-take-to-adjust-to-a-dementia-care-community>

How Long Should it Take to Adjust to a Dementia Care Community?

The adjustment period for a loved one transitioning into a dementia care community can span days, weeks, or months. Unfortunately, there's no way to predict how long the adjustment period will last or what challenges and environmental triggers will have to be overcome during the process.

No matter how long the adjustment period takes, however, there are things we can do to ease our loved one's struggles, fears, and anxiety stemming from the initial move into dementia care. Family caregivers should also acknowledge and address their own struggles. Family counseling and family support groups at dementia care communities can help ease the transition for everyone.

After the Move to Dementia Care: Unhappiness vs. Adjustment

The initial move into dementia care has been linked to increased behavioral symptoms like depression, agitation, and confusion. Family members often struggle to determine if these responses are expressions of unhappiness or typical responses to the adjustment.

Experts believe nearly 40 percent of people with Alzheimer's disease suffer from "significant" depression, so the unhappiness-versus-adjustment question isn't an easy one to answer. Symptoms of depression can include sadness that lasts for more than a day, declining interest in almost all activities, fatigue and tiredness, feelings of worthlessness, and thoughts or talk of death.

Likewise, agitation is a common response to the initial move into dementia care. Pacing, restlessness, wandering, and emotional outbursts can all result. Physicians may elect to prescribe antidepressants, mood stabilizers, or other medications. Otherwise, a few simple steps might help ease your loved one's behavioral responses to the transition to dementia care:

- Create a calm, relaxing environment.
- Avoid triggers like television, loud noises, or certain situations.
- Check for signs of pain, hunger, thirst, and other causes of discomfort.
- Simplify tasks and routines to alleviate frustration.
- Encourage exercise.

Serving as a liaison between dementia care staff, medical providers, and your loved one will ensure that everything possible is being done to ease the transition into dementia care and to address any underlying conditions that could be the root cause of unhappiness.

Helping a Loved One Adjust to Dementia Care

Because everyone's transition into dementia care is different, there's no surefire list of solutions to address every need and situation that will arise. There are, however, a number of general guidelines that have been found to help ease the transition for the vast majority of people.

Telling a loved one about the move to dementia care in advance can create anticipation anxiety and negative thoughts that can culminate into negative actions. Instead, wait until just before the move, or even the day of the move, to begin the transition on an even keel. Then, you might benefit from "fiblets" and not being forthcoming with news that this will be your loved one's new home, at least until he or she is more settled in.

After the move, these tips and techniques are widely used to help ease the transition:

- **Make It Home:** Bringing important or familiar items from home like photos, wall art, and furniture will make the dementia care apartment feel familiar and homey, helping reduce agitation and creating a sense of calm.
- **Schedule Wisely:** It might be wise for families to avoid visiting for a week or two after the initial move, as hard as that might be, to allow the resident time to bond with staff and his or her new neighbors; then, visiting frequently is a great idea.
- **Encourage Engagement:** Engaging in community activities is a sign of a successful transition; encouraging loved ones to take part, even accompanying them to activities if need be, will put them on the path to a successful transition.

Dementia care staff members have helped many, many residents successfully transition into dementia care. They can be an invaluable source of tips and techniques that you can use. Being in communication with them throughout the process is another key to success.

Adjusting to Dementia Care: Final Thoughts

There's no way to predict how long the adjustment to dementia care will take. Meet with your loved one's medical provider to address any underlying medical issues like depression and mood disorder before the move. Then, bring familiar items from home, give loved ones a period to bond with dementia care providers without family visitors, and encourage engagement in community activities to help ease the transition. Finally, dementia care providers will be able to provide helpful and insightful guidance along the way, too.

Tips to Make the Move Easier

(excerpt from <https://www.caring.com/articles/move-parent-with-dementia-to-assisted-living>)

If your loved one is undecided about moving to an assisted living community, invite them to make a few visits for lunch or to attend other events with you at the one or two places you're looking at. Making these activities fun and social can increase warm familiarity with the communities.

Jytte Lokvig, author of Alzheimer's A to Z: A Quick-Reference Guide, has this suggestion, "Ask the staff to pair you with one or two other residents who are outgoing and social. Don't mention to your loved one that you're planning for her to live there. Instead introduce her to your table mates with something complimentary about her: 'This is my mother, Sarah. She is a wonderful cook.' After a few more visits, you can suggest that she might want to spend more time with her new friends. You can give her the 'good news' that they have a really nice room where she can stay for a few days."

People with dementia who do not want to move permanently can sometimes make the transition more easily if you tell them the move is temporary and for a practical purpose. For example, says Diane Kibbin, director of assisted living at OceanView, "You might say they need to be out of the house while it is painted, or they have to go somewhere where some aspect of their health can be properly taken care of for a while."

Typically, she explains, families will make all the arrangements, select and decorate the new room or apartment in the memory care facility, and work with the staff so that everyone knows what excuse has been given for the move. Once your loved one is engaged in their new community, they often accept the permanent situation, she says.

Lokvig adds, "Keep your tone joyful, as hard as that sounds and bury whatever guilt feelings you may have. It may be hard for you to use 'loving lies,' but keep in mind that telling your loved one the truth would be unnecessarily hurtful."

Once your loved one has moved in, Lovig suggests making your first visit short and sweet. "Keep the conversation really positive. She'll likely ask you repeatedly when she's going home. Avoid telling her that she's now living there, rather divert her by talking about her new friends, activities, and food." Stay in touch with the staff. If the staff reports that she's agitated after your visit, you might want to give your loved one more time to adjust before resuming regular visits.

Help a Loved One With Dementia Adjust [to a move]

Worried? Here's How You Can Help

By Esther Heerema, MSW Updated June 19, 2017

From <https://www.verywell.com/help-a-loved-one-with-dementia-adjust-to-a-nursing-home-97697>

Changes in the environment can be challenging for people with Alzheimer's or another dementia. If your loved one with dementia is moving to a nursing home, how can you help with that transition? Try these 5 tips to help him adjust:

1. Choose a few familiar items and pictures to bring

Your space in a nursing home is limited, but it's important to bring a few things with your loved one that are recognizable and familiar.

For example, rather than going out and purchasing a new bedspread for your father's room, bring the one from his bed at home. Does he have a picture of his wife and him on the wall at home? Ask the facility about hanging it in his new room. If he is particularly attached to a book about fishing, bring it along.

2. Provide information about your loved one

You have the advantage of knowing your family member, his history, his likes and dislikes. Share that information with the staff.

Sometimes, there will be a meeting shortly after admission where staff will ask questions about your loved one, his needs and his preferences. If this doesn't happen, ask to speak with the nursing supervisor on your father's hall or the social worker. You can then choose a few things that you want to share with them, such as the best time of day for a shower, what he really dislikes to eat, or the nickname that your dad loved to be called.

When you share these things, your father is more likely to respond positively to the staff and the staff to your father since they know him as a person, not just a patient.

You can also create a short life story to share with others about your dad. This can be done through writing, photos or video and is an effective way to help staff members get to know you dad.

3. Visit frequently for short intervals

Typically, people with memory loss adjust better to changes if a reassuring, familiar face is near them. You may need to remind him several times that this is his home. Spend time with him in

his room and go through some pictures together. Remind him that you love him. If leaving is hard initially, either for you or for him, you may want to have staff distract him and then you can slip out the door. Sometimes, mealtime is a good time to do this.

Also, be aware that occasionally people take it out on family members and become very angry with them for making them move. If your visits increase his anger and frustration, it's okay for you to visit less frequently initially since you seem to trigger those feelings. However, this should not be used as a punishment or a threat. Remember that people with dementia often don't have control over their emotions and behaviors.

4. Wait until he's adjusted to take him out

You may feel the urge to take him out for a drive shortly after he's moved in, but it is usually better for your loved one to get into a routine and feel settled before you do that. Give him a little time to adjust to his new home before you take him on an outing.

5. Encourage participation in activities

Maybe you're not sure what to do or say when you visit your father in a new facility. Consider going with him to an activity. Nursing homes offer several activities, and becoming involved in them can help foster socialization and provide stimulation for his mind. You can go with him to exercise class or the music program. This is a positive way to spend time with him and help in his adjustment to the facility.

Remember that this may be harder for you than for your loved one.

Often, the transition of someone with dementia to a nursing home is harder on the family members watching it than the person experiencing it.

While you continue to wonder how your father is doing and if he is sleeping and eating well, he might already be adjusted and feel at home. You will continue to remember the way it used to be, but people with Alzheimer's typically live in the present. If this is the case for your loved one, may you be able to take comfort in it.

If your father continues to struggle with adjusting to the facility beyond 30 days, consider speaking with his social worker so you can work together on developing a plan to help your loved one feel at home.

Moving mom: Surviving the hardest day of your life

From <http://dementiacarebooks.com/moving-mom-surviving-hardest-day-life/>

“The day I moved my mom was the hardest day of my life,” Harriet told us. She had been able to sustain her mother, who has dementia, in an independent apartment by spending increasing amounts of time with her and hiring help from a home care agency. However it was taking a toll on Harriet, her husband, and her three young children. They considered moving her mom in with them, but she was terribly restless at their house and had walked out the front door and started down the street more than once.

Finally Harriet realized she would have to move her mother. She carefully evaluated the options and the finances and made a decision. She had promised her mom she would never move her to a nursing home and now found that she had no choice.

Moving a relative with memory loss into residential care is an extremely difficult emotional task. Sometimes families have doubts for many years about whether relocation was the right decision. This article helps you understand why it’s difficult and offers some tips to make the day go more smoothly for both you and your relative.

Why is it difficult?

- *Media depictions of long-term care.* Abuses in nursing homes or assisted living facilities are headline grabbers. It is a rare story that features the millions of caring, positive staff, the innovative programs and the happy moments of life in residential care.
- *Wedding vows* that include ‘in sickness and in health, ‘til death do us part.’ Many spouses feel they are violating their marriage vows by moving their partner to residential care.
- *“My mother cared for me. Now it is my turn to care for her.”* Raising children and caring for a parent with dementia are not equivalent, for many reasons, even though some of the tasks are similar.
- *Old promises.* Unfortunately, we can never predict exactly what life will bring, and diseases such as Alzheimer’s or small strokes are among the things that no one wants to think about. We may have made promises that we simply cannot keep.

- *Family or friends who criticize.* Sometimes people around us reinforce the guilt and pain with insensitive comments, or with their beliefs (even though they are not the ones providing 24-hour care). You are the only one who knows what you can or cannot do and what is best for your relative AND you.
- *Moving symbolizes the decline of the person.* For many family members, this move is a very powerful symbol of the disease progressing and the person slipping away.
- *Feelings of failure.* Many families feel their relative is getting worse because they have not tried hard enough. But many forms of dementia worsen over time, despite our best efforts.

Keeping the following in mind may help you cope with your feelings on moving day and beyond.

- *You are not alone.* Most families find this one of the hardest, most painful decisions they have ever made.
- *There are no clear rights and wrongs* when it comes to the care of a person with memory loss. If you weigh the pros and cons of various alternatives, you will probably find that there is no totally positive outcome. You may feel you are making the least negative choice of all your options.
- *Know that caregiving does not end at the door of the residential care setting.* You are still a caregiver, though your tasks may be different. Also, be aware that stress levels do not necessarily decrease with a move. You may find that you are still stressed, but the stresses are different.
- *Your relative's adjustment may take months.* If you have moved in the past, you know that it can take a long time to adjust to a new place and new people. It commonly takes a person with memory loss longer to adjust to living with others in an unfamiliar place and a new routine. Give it time.
- *"No one can care for her as well as I have."* Caregivers often say this, and it's often true. You won't find one-on-one care in residential settings. On the other hand, some people with memory loss actually function better and feel better in a setting with more people and activities, and when caring, consistent staff are available.

You may feel overwhelmed and sad the day you move a relative. Here are some ways to make “the hardest day” a bit less difficult:

- *Ask a friend or relative to come along for the move.* Although the residence’s staff will help you and your relative get settled, someone familiar can be comforting. Harriet’s friend Gladys was able to chat with Harriet’s mother, answer her questions, walk around with her, and generally engage her. Harriet had all she could do to handle the arrangements and cope with her own feelings.
- *Dedicate the entire day to moving.* Although the physical move-in may not take all day, you may find that getting your relative settled may require more of your time and attention than you planned. If possible, don’t schedule other appointments.
- *Ask for privacy if you need it.* As Harriet was putting away her mother’s things, she became tearful. She was very appreciative when the move-in coordinator asked if she would like to go to the family room for some privacy. After a few minutes by herself, she was able to return to her mother’s room and continue moving in her mother’s clothing and personal items.
- *Ask for assistance with your departure.* It is very common to be concerned about how to leave your relative on the first day. Staff can be quite creative in supporting you. When Harriet’s mother insisted on going with her, a staff member asked them to join her for a cup of coffee. The staff person engaged Harriet’s mother in conversation and as she began to relax, Harriet excused herself, saying she would be back shortly, and left for the day.
- *Plan something to do after you leave your relative at her new residence.* Take time for yourself during the transition to a new era of caregiving. You have spent a great deal of time and energy caring for her and planning this move. Now plan something you will enjoy—a bath, dinner with a friend, a walk, etc.

Moving a relative with memory loss is the end of a long process of research and preparation. You can find much more about the steps in the process in our book, *Moving a Relative with Memory Loss: A Family Caregiver’s Guide*. By Beth Spencer and Laurie White

Strategies for moving your loved one with dementia

Adapted from dementiahelp.ca/transition

Professional staff are there to help you. They have a lot of experience with helping others through this same situation and can give you suggestions on how to help your family member adjust. They can also guide and support you through what may be a difficult time for you and your family member.

Share any tips or techniques you've developed to care for your family member so that staff can try the same things.

Everyone reacts different to change, including people with dementia. Your family member's reaction may range from anxiety and agitation to withdrawal and temporary decline. It takes time to adjust to a new situation.

It is very important for you to tell the staff (as well as other friends and family) what you have told your family member, so that everyone is on the same page.

Plan for support for yourself before, during, and after the move.

Things to consider when planning for yourself on the day of the move

- Consider when and with whom to arrive. Ask friends or family to accompany you. Extra company and support can ease the transition. For example, someone else can take your family member to a coffee break or lunch while you take care of other arrangements.
- Do not drive yourself, especially if emotions are strong. Your loved one will need all your attention.
- The first day will be busy with assessments, paperwork, unpacking, etc. Allow yourself plenty of time.
- Plan how long you wish to stay, keeping in mind your own needs. Moving day can be overwhelming – don't exhaust yourself.
- Be sure you have the names of key staff to call and check in later in the day or evening.
- Arrange to have company when you go home for tea and a talk, or another comforting activity.

Plan your exit on the day of the move

- Plan your departure to coincide with an activity.
- Say and do what you feel is best, but don't say "goodbye" as it is a loaded word. Try:
 - "I'm going to do some errands and will be back to see you later."
 - "I have to take the dog for a walk / pick up the kids / get back to work – I'll be back soon."
- If your family member is refusing to stay, remember that accepting and recognizing feelings is always better than rationalizing or dismissing them. For example, it is better for you to acknowledge "Yes, this is difficult and sad" rather than to minimize your loved one's concerns and feelings by saying "This is a great place, you'll be fine."
- Acknowledge their feelings. Nobody likes to feel like they aren't being listened to or that their feelings don't matter. Reassure them that you hear how they are feeling and that you care, and support them with a hug, holding hands, or whatever affection is comfortable.
- Don't try to reason with them – a person with dementia loses the ability to rationalize, and moving day is not the time for a discussion that will just frustrate them. Just reassure them that you'll be back soon. Remember that adjusting to change takes time.
- Coordinate with a staff person to engage them in another activity and reassure them that you will be back soon.
- You can call after you leave to see how they are doing.

Planning visits

- Talk to the staff about when to visit. They can assess how well your family member is adjusting and suggest an appropriate day and time for you to visit.
- Have a variety of activities in mind for things to do, but try to go in without expectations. Your loved one could be involved in an activity already, or they could be too tired to visit, or they could be having a bad day.
- Some of the same "exit strategies" above are helpful when ending a visit.

"How Often Should You Visit a Memory Care Patient When They First Go In"?

By Rita A. Jablonski Alzheimer's Reading Room

From <http://www.alzheimersreadingroom.com/2016/06/memory-care-how-often-should-you-visit-memory-care-patients.html>

The answer depends on the physical and mental condition of both parties. Some caregivers are so worn out by the time placement occurs that they can only visit 1-2 times a week. The location of the facility from the caregiver can also affect visiting schedules.

Optimally, daily visits are good because it allows the family to see how the individual is adjusting to the new surroundings, and if the new facility is responsive to the needs of the individual.

I pay more attention to the quality of the visits than the quantity of the visits.

One of the authors on this site mentioned how some visitors would interact with her mother and ask, "Do you know who I am?" These interactions resulted in a negative experience for both visitor and resident. Visitors who accept the person with dementia as he or she is, who happily listen to the repetitive stories or some of the "fractured fairy tales," without judgment or argument, create a positive experience.

I've watched the opposite happen, especially around Christmas and Mother's Day. **Family members who refuse, or who cannot, enter Alzheimer's World and instead expect logic, reasoning, and arguments to somehow "fix" the person with dementia,** often have unhappy visits and leave a very **agitated, depressed, and sad person behind** in their wake of good intentions. This experience further **alienates** them from their loved one, and creates a negative spiral where the family visits less and less because the visit is upsetting to both parties.

Also, as you and other authors have pointed out, persons with Alzheimer's disease and other dementia experience the passage of **time** very differently.

When my mother-in-law was in a nursing home for physical therapy, I visited every evening after work. We had a routine. We would sit and talk for a couple of minutes, and then we would walk to the other side of the facility and sit outside on her favorite bench and look at the rose gardens. If the weather was cool or rainy, we walked to the same area but sat inside and looked out the windows.

I was there for probably an hour, maybe 90 minutes. But I came every day, and we had a **routine**.

After I left, if Mary mentioned that no one had been there to see her, the nurses would tell her that they had just seen the two of us walking. She would smile and say, "Oh, that's right."

My husband, however, was not dealing well with the situation and he could only handle weekly visits. Mary would ask me everyday where her son was and tell me that she had not seen him for weeks. Rather than argue, I told her he was out of town on business (he did travel for work at times) and that he loved her. He would come on Saturday...and he did.

Some family members restrict their visits because they are concerned that "leaving the person behind" may upset the person with Alzheimer's disease. I've seen this happen when the family member walks toward the door and exits, while the resident stays behind.

The departure can better be handled by exiting during a natural break in the day's activities. I would help Mary get ready for bed, and then leave--it made sense to Mary, it was her bedtime, and it was time for me to go home and go to sleep.

On weekends, when we visited in the afternoon, we left at suppertime. It was time for her to go to the dining room for her meal, and time for us to go home and fix dinner for the kids.

Anyway, that is my \$0.02. I'm curious how other experts addressed the question. I enjoy reading other bloggers. I always learn something!

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