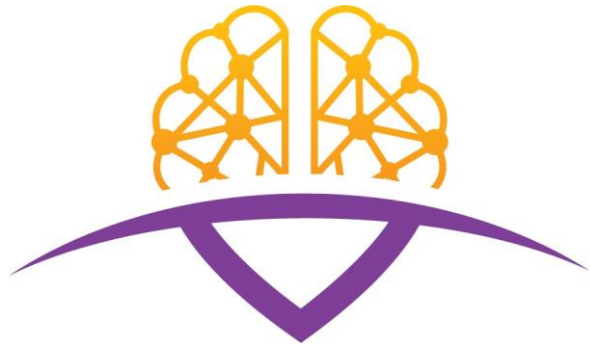


Crisis Preparation



SERENITY
MEMORY CARE



LANCASTER
REHABILITATION CENTER

Your Memory Care Resource

Crisis Preparation

When serving as a caregiver for a loved one with memory loss, you often have to think ahead and plan for the unexpected. Preparing for a crisis before it occurs can include everything, from natural disasters to planning for future care. Let us help make it easier for you with some tips and tricks from our experts.

PREVENTING A CRISIS

&

PLANNING AHEAD...

Your memory care resource



Preventing a Crisis

When a loved one has memory loss, you need to be prepared for anything. In the event a natural disaster or a wandering occurs, stand ready with these tips.

- Make sure neighbors know about your loved one's memory loss in case they wander. Talk to them ahead of time to ensure they know your phone number and can alert you if they ever see your loved one alone.
- Equip the home with batteries, flashlights, an emergency radio, and water and food supplies in the event of a bad storm or power outage. Don't forget to pack some extra comfort items for your loved one.
- In case your loved one has a medical emergency, have an emergency contact list as well as medical documents and insurance cards in an easy to locate place. In the event you need to grab them, this will be quicker than trying to find everything you need.

Your memory care resource



Planning Ahead

While your loved one's memory loss may not be too profound just yet, it's never too early to plan for future care or legal matters. Consider these points to make the future just a little easier.

- Meet with an elder law attorney to get your loved one's wishes detailed in a will. Establishing a power of attorney is also a good idea.
- Make some important financial decisions, such as how you'll pay for future care and medical needs.
- Tour memory care communities in order to find the perfect fit for your loved one. Getting their input can help you feel like you are making the best possible decision for them. Having a plan can help you feel more prepared and secure just in case a crisis or quick turn of health would occur.

Your memory care resource



Is this you?

When caring for my
Mom with Alzheimer's...

I AM A HERO

I AM STRONG

I AM FULFILLED

I AM A MARTYR

I AM OVERWHELMED

I AM DESPERATE



SERENITY
MEMORY CARE

Caregivers Caught in the Crosshairs

- Afraid to leave your loved one with anyone else
- Feeling overwhelmed and emotionally and physically exhausted
- Feeling depressed, angry, hopeless and helpless
- Sleep deprived and irritable
- Getting sick more frequently
- Gaining or losing weight
- Scared about what tomorrow will bring

We can give you peace of mind



Serenity can bring you Peace

We named our program **Serenity** because we are committed to providing our residents with memory loss a calm and peaceful setting. **A Serene Life.**

Our Serenity residents enjoy:

- A secure & calming living space
- A person-centered philosophy that honors & celebrates individuality
- A dedicated staff that has gone through extensive memory care training
- Life enrichment memory loss programs
- Specialized therapies, sensory rooms and life stations
- Brain healthy dining program to energize and relax the mind

For more information, 402-441-7101

