

# Getting dressed would be easy if it wasn't for all those clothes.

A closet full of clothes can be a dream come true, unless you have Alzheimer's. While having a wide selection is great for you, it's very confusing for a loved one with Alzheimer's.

So what can you do to keep this daily event from becoming a nightmare? Ease some of the confusion by narrowing down their choices. Assemble two complete outfits. Then let them choose one. And remember, dressing is very personal. So, give them some privacy and encourage them to dress themselves. Offer help only when necessary. And don't forget to give lots of praise.

At Somerford Place<sup>®</sup> every room has its own handmade wardrobe, custom built just for our residents. Unlike traditional closets where all the clothes can be seen at once, in our wardrobes the clothes hang front to back. This way only one outfit can be seen at a time, greatly reducing confusion. It's just one of the many ways we help to set the stage for success while encouraging independence and maintaining dignity.

If you would like more information about Somerford Place or about Alzheimer's Disease or related dementia, please give us a call at 916-772-6500. We're here to help.



**Somerford Place<sup>®</sup>**

*Alzheimer's Assisted Living*

**916-772-6500**

110 Sterling Court • Roseville, CA 95661

# Don't argue about the moose in the living room, just open the door and let it out.

You can't change the world of a person with Alzheimer's. You can only learn to live in it. And arguing all day about what reality is, or is not, can only add more stress.

Instead, offer your support. And as long as it's safe, use your imagination and sense of humor to solve the problem. By "opening the door" and accepting your loved one's beliefs, you can prevent a lot of frustration.

At Somerford Place® we know how important it is to adapt to our residents, not the other way around. That's why we've taken the time to tailor everything. All the way down to the square tables. Even though round tables would allow us to seat more people, they don't provide the needed boundaries that are so important to a person with Alzheimer's.

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# Just when the weather's got you down, there's always the tomato.

Sometimes it's the little things in life. Take, for example, the time it takes to make a cheese sandwich. So what if a few eggs are broken. Nothing goes better with eggs than cheese. That's why the cheese omelet was invented. A pure taste sensation, even if it was your last tomato.

Confusing? That's nothing compared to a conversation with a loved one who has Alzheimer's. And that's why caring for them is such a stressful job. One with no company benefits and very long hours. And taking time off seems like the last thing you can do.

But remember, it's just as important to take care of yourself. So don't be afraid to ask for help from a friend or relative. Even if it's only for an hour. You'll find that a little break will do you both a world of good.

At Somerford Place® we know what you're going through. One of the ways we can help is our adult day care program, Day Break. Where you can get the support you need, and your loved one the care they deserve. And when you're no longer able to provide care, our assisted living residence is designed especially for people with Alzheimer's.

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