



Checklist for Potential Signs of Dementia

It's important to know that you are selecting the perfect Active Living Retirement Community for yourself.

Memory loss is not a normal part of aging. Sure, we've all walked into the kitchen and forgot why we came into that room. However, that is not memory loss. Forgetting a family member's name is memory loss. Forgetting how to hold a fork is memory loss.

Those two signs are potential symptoms of dementia or Alzheimer's disease. The chart below features other warning signs you may notice if you suspect your loved one has some form of a neurodegenerative disorder.

Memory Loss

- ☐ Forgetting recently learned information
- ☐ Forgetting important dates
- ☐ Forgetting family member's names
- ☐ Unable to retrace steps when losing something

Unable to Complete Familiar Tasks

- ☐ Driving to a familiar place
- ☐ Forgetting the rules to a favorite game
- ☐ Forgetting how to perform a favorite hobby or activity
- ☐ Forgetting how to cook a favorite recipe

Changes in Mood

- ☐ Anxious at home
- ☐ Scared of new social interactions
- ☐ Fearful of family functions

Trouble with Time or Place

- ☐ Not knowing what day it is
- ☐ Losing track of the season
- ☐ Unable to comprehend the passage of time
- ☐ Not knowing where they are
- ☐ Not knowing how they got to where they are

Problems Speaking

- ☐ Trouble following a conversation
- ☐ Losing train of thought in middle of conversation
- ☐ Repeating themselves
- ☐ Trouble finding the right words



If you checked off more boxes than not, your parent or loved one may have dementia or Alzheimer's disease.

It's best to get them to a doctor, where a medical professional can run tests and exams to determine their mental state. Unfortunately, if diagnosed with a form of dementia, there is no cure to return them back to normal. However, if it's caught early, there are ways to manage the disease, providing you with a longer time period to enjoy their presence.

About Gloria Dei

We're A Progressive Care Community

As a Gloria Dei Communities resident you'll benefit from priority access to state-of-the-art progressive care at our Personal Care and Memory Care at the Park facilities. What this means to you is that you will have access to the same level of care — *should you ever need it* — as that offered by a Continuing Care Retirement Community (CCRC) without the commitment or cost.

You will maintain more independence at a Gloria Dei Independent Retirement Living Community than at a CCRC – You will decide when it is time for a higher level of care, not the CCRC.

All of our communities consist of 220 or less private residences to assure an intimate and highly personalized resident experience.

Consider all the Factors When Choosing an Independent Retirement Living Community

As a non-profit, we do not have shareholders so we continually reinvest back into our communities. This actively supports our mission of celebrating the circle of life, supporting our residents and their loved ones and providing the ability to enjoy a happy and fulfilling life at every stage of the journey.

We are deeply-rooted in the community and are not part of a large national organization.

This gives us the freedom to design each of our communities to match the personality, characteristics and local flavor of the wonderful neighborhoods in which they are located.

Access Gloria Dei

All of the important information, right at the tip of your finger!

If you are viewing the pdf on a computer, simply click the buttons below each community's image to learn more about it, or you can download their brochure right to your computer.

