

SUPPORT FOR PRECIOUS MEMORIES

Combining clinical expertise in memory impairment with heartfelt compassion.

Historically, memory conditions disproportionately affect women. Almost two thirds of Americans living with Alzheimer's disease are women, and women most often take on the role of caregivers for loved ones with memory loss.

Family-owned and -operated Autumn Leaves® memory care assisted living communities are in tune with the challenges associated with caring for those with memory impairment, and Lynette Choplin, Vice President of Health and Wellness, holds a very personal level of understanding: "After my grandmother was diagnosed with vascular dementia, I was very fortunate to live close by and help care for her for nine years."

Specialized Memory Support

The entire Autumn Leaves staff is specially trained in dementia care, and licensed memory care nurses are available seven days a week. Each community is designed to create a safe, comforting environment for residents and offers personalized life engagement programs based on the resident's wants, needs, and preferences.

"We're experts in the disease process, but families are the experts in their loved ones," Choplin says. "We partner with caregivers and draw on their experience to tailor every aspect of our services, taking into consideration residents' favorite foods, hobbies, and past professions."

If a loved one is not yet ready for assisted living, the Adult Day Stay program allows caregivers to bring their loved one to the community during the day for supervised socialization.

"I understand that when you are close to someone it can be difficult to step back and evaluate their condition," Choplin adds. "Having your loved one visit a physician and involving an experienced third party to help address the challenges is important for physical, emotional, and spiritual health."

CARE FOR CAREGIVERS

After commissioning a survey, Autumn Leaves found that caregivers' top three personal struggles are sleep deprivation, poor exercise habits, and reduced downtime—all issues that can detrimentally affect their health.

"Caregivers today are sandwiched between caring for aging relatives and caring for their children," says Choplin. "Female caregivers, especially, devote their time to others and don't invest any time back in themselves. Without tending to their own needs, they are more likely to get sick and be unable to care for their families."

Endorphin-releasing exercise, brain-healthy foods—such as blueberries, leafy green vegetables, nuts, avocados, and salmon—and even a glass of red wine or a small square of dark chocolate can aid the destressing process. Autumn Leaves also encourages caregivers to attend its family support groups to share their experiences.

"Memory diseases can be very isolating—for the person and the family," Choplin says. "It's important caregivers know that they are not alone."



Lynette Choplin,
Vice President of
Health and Wellness



BETTER MEMORY CARE. BY DESIGN.

AUTUMN LEAVES OPERATES MORE THAN 40 COMMUNITIES IN SIX STATES, INCLUDING FIVE IN AUSTIN AND SAN ANTONIO. FOR INFORMATION, VISIT AUTUMNLEAVES.COM OR CALL 888-662-8886.