

Frequently Asked Questions: Moving Your Loved One into Trouvaille Memory Care

We understand that transitioning a loved one into memory care can be a significant and emotional decision. At Trouvaille Memory Care, our goal is to provide compassionate, high-quality care while ensuring families feel informed and supported throughout the process. Below are answers to common questions families have when moving their loved one into our community.

1. What services and care does Trouvaille Memory Care provide?

Trouvaille specializes in memory care for individuals with Alzheimer's disease and other forms of dementia. Our services include:

- 24/7 care provided by trained staff.
 - Assistance with activities of daily living (ADLs), such as bathing, dressing, and medication management.
 - Personalized care plans tailored to each resident's needs.
 - On-site nursing staff available 24/7—either in-office during business hours or on-call after hours.
 - Daily structured activities designed to enhance cognitive function, social engagement, and physical well-being.
 - Secure, dementia-friendly living spaces to ensure safety and comfort.
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2. How should we prepare for the move?

To make the transition as smooth as possible:

- **Tour the community** with your loved one if possible, so they can begin to familiarize themselves with their new home.
- **Pack familiar belongings** such as family photos, a favorite blanket, or other personal items to make the apartment feel comforting.
- **Prepare a list of personal preferences** to share with staff, including daily routines, favorite foods, and hobbies.
- **Communicate openly** with our care team to discuss your loved one's needs, concerns, and any special accommodations.

3. What should we bring for our loved one?

We recommend bringing the following items:

- **Clothing:** Comfortable, easy-to-wear outfits and sturdy, non-slip shoes.
- **Bedding and comfort items:** A favorite pillow, blanket, or quilt to make the space feel more familiar.
- **Memory aids:** Labeled family photos, favorite books, or meaningful items from home.
- **Mobility aids:** Walkers, canes, or any necessary assistive devices.

Avoid bringing valuables, small appliances, or items that could be unsafe in a memory care setting.

4. How can we help our loved one adjust to their new home?

Adjusting to memory care can take time, but there are ways to help:

- **Encourage participation** in activities to help your loved one engage with staff and other residents.
 - **Stay positive** and patient—transitioning can be challenging, but your encouragement can make a big difference.
 - **Trust the process**—our staff is experienced in memory care transitions and will provide support every step of the way.
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5. What safety measures are in place at Trouvaille?

The safety and well-being of our residents are our top priorities. Trouvaille Memory Care has:

- **Nursing staff available 24/7**—in-office during business hours and on-call after hours.
- **A secure environment** with keypad entry to protect residents with wandering tendencies.
- **Emergency call systems** in resident rooms and common areas.

- **Fall prevention measures**, including grab bars, slip-resistant flooring, and mobility support.
 - **Medication management** by trained professionals to ensure proper dosing and administration.
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6. What activities and programs are available for residents?

We offer a variety of structured and individualized activities designed for memory care residents, including:

- **Music therapy** and live entertainment.
- **Art and creative expression** projects.
- **Sensory stimulation activities**, such as aromatherapy and tactile engagement.
- **Group exercise programs**, including chair yoga and movement sessions.
- **Social gatherings**, including themed events and family-friendly activities.
- **Memory-enhancing activities**, such as reminiscing sessions and storytelling.

Families are encouraged to participate in select events to stay connected and engaged.

7. Can we visit our loved one anytime?

Families are always welcome at Trouvaille! While we do not have strict visiting hours, we encourage families to visit during times when it will be most beneficial to their loved one. We may implement visitor guidelines during flu season or other health concerns to protect our residents.

8. How will we stay updated on our loved one's well-being?

Communication with families is a key part of our care approach. You will receive:

- Regular updates from staff regarding health and daily activities.
- Access to care plan meetings to discuss any changes in needs or services.
- Invitations to family engagement events and education sessions.

We encourage families to reach out anytime with questions or concerns.

9. Can my loved one bring personal food or beverages?

Yes! While we provide nutritious, chef-prepared meals tailored to residents' dietary needs, families are welcome to bring in their loved one's favorite treats. However, for safety reasons, please note:

- Residents can enjoy wine with meals if brought in by family, but they cannot share it with other residents due to medication interactions.
- Certain dietary restrictions may be necessary for health reasons—please check with staff before bringing in food.

10. What if my loved one's needs change over time?

Our care team closely monitors each resident's needs and will adjust care plans as necessary. If additional services are required, we will work with families to ensure a smooth transition while maintaining comfort and dignity.

11. How can I manage my emotions during this transition?

Moving a loved one into memory care is an emotional experience. Some ways to cope include:

- **Staying involved**—your presence and engagement help your loved one adjust.
- **Attending our support group**—connecting with others in similar situations can be helpful.
- **Focusing on quality time**—enjoy your visits without the stress of being the primary caregiver.

Remember, you are not alone—our team is here to support both residents and families.

12. How do we get started?

If you are ready to move forward or have additional questions, our team is happy to assist you. Contact us to:

- Schedule a tour.

- Meet with our care team.
- Discuss next steps in the admissions process.

We look forward to welcoming your loved one to Trouvaille Memory Care and supporting your family through this transition.