

CARING FOR A LOVED ONE

Misplacing items. Repeating questions. Forgetting previous conversations. It can be frightening and painful to watch a loved one experience memory lapses, behavioral changes and functional decline brought on by Alzheimer's disease or other forms of dementia.

The Memory Care Navigator program provides personal and professional guidance for those living with dementia, as well as family members and caregivers coping with the emotional, psychological and physical effects of memory loss. A Navigator is someone you can depend on for educational resources, personalized care plans and more—helping to minimize the stress of supporting a loved one with this chronic disease.

"It's an enormous help. I don't know how you would approach [dementia] without the support of the Sun Health Memory Care Navigator. You know what to expect, you know what resources you can access. It's not a big unknown anymore."

—KEN B.

THE PROGRAM IS FUNDED BY SUN HEALTH FOUNDATION

The Memory Care Navigator program is offered to the community thanks to the passionate and generous support from donors to Sun Health Foundation. To learn more about how you can support the Memory Care Navigator program and make an impact, visit SunHealthFoundation.org.

About Sun Health

Sun Health is Arizona's leading advocate for health and wellbeing. For more than 50 years, we've embraced our rich history as a longstanding, nationally-recognized nonprofit organization.

SUN HEALTH WELLNESS

Sun Health Wellness develops and implements industry-leading, community-based health and wellness programs, classes and services. By offering these resources to the community, we strive to improve the overall quality of life of those we serve.

SUN HEALTH FOUNDATION

Contributions to the Sun Health Foundation support the programs, classes and services provided by Sun Health Wellness. Sun Health Foundation is also the philanthropic partner of Banner Boswell Medical Center, Banner Del E. Webb Medical Center, Banner Sun Health Research Institute and Sun Health Communities.

SUN HEALTH COMMUNITIES

Sun Health Communities owns and operates three Life Plan Communities—Grandview Terrace, La Loma Village and The Colonnade—as well as the Sun Health At Home® program.



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SunHealthWellness.org

MEMORY CARE Navigator

A Sun Health Wellness Program





HOW WE CAN HELP

The Memory Care Navigator program is an invaluable resource to patients, family members and caregivers. The Navigator serves as a personal guide for you or your loved one through your health journey.

A MEMORY CARE NAVIGATOR CAN:

- Assess the needs of a patient and provide confidential consultation to the family
- Develop a personalized care plan that addresses and supports the patient's health and health-related needs
- Link family members to education, support groups and assistive services in the Valley
- Be an ongoing resource for families and caregivers as new challenges arise through different stages of dementia
- Educate patients and families about available local clinical trials that they may discuss with their physicians
- Collaborate with and communicate recommendations to each patient's physician

KNOWING WHEN TO GET THE HELP YOU NEED

Family members, friends and loved ones face a daunting commitment when it comes to navigating care for individuals living with memory loss. We encourage you to focus on the four "A's."

- A¹ Awareness:** Realize that you cannot do this alone.
- A² Ask:** Contact your physician and ask for a referral to the Memory Care Navigator program.
- A³ Assessment:** Meet with a Navigator for a professional assessment.
- A⁴ Action Plan:** Receive a personalized action plan from the Navigator. This plan is designed to meet your loved ones' needs and will play an essential role in addressing the daily challenges encountered while caring for individuals living with dementia.

WE'RE HERE TO HELP

The Memory Care Navigator provides personalized support tailored to you or your loved one's needs. To learn more about Memory Care Navigator, please call (623) 471-9300 or visit SunHealthWellness.org.

ANSWERS TO TOUGH QUESTIONS

The Memory Care Navigator program helps patients, families and caregivers get the support they need. Oftentimes, this support begins with providing answers to the tough questions.

WHAT IS DEMENTIA?

Dementia is a broad term describing symptoms associated with the decline of memory and other thinking skills. Dementia is caused by damage to the brain cells which interferes with their ability to communicate with each other. Alzheimer's disease accounts for 60 to 80 percent of dementia cases. Vascular dementia, which can occur after a stroke, is the second most common type.

HOW IS DEMENTIA TREATED?

Treatment of dementia depends on its cause. In the case of most progressive dementias, including Alzheimer's disease, there is no cure or treatment that can stop its progression. However, there are medications and lifestyle modifications, such as nutrition and physical activity, that may slow the progression of or temporarily improve its symptoms.

CAN DEMENTIA BE PREVENTED?

Because some risk factors for dementia are determined by genetics and age, it is not possible to completely prevent this chronic disease. However, there are ways to minimize risk factors by avoiding smoking, keeping blood pressure, cholesterol and blood sugar within recommended limits and maintaining a healthy weight. Regular physical exercise may prevent further disease progression by increasing blood and oxygen flow to the brain.

Source: Alzheimer's Association