WELCOME TO THE JOURNEY

A BHI SENIOR LIVING RESOURCE NEWSLETTER



HOLISTIC MEMORY CARE BY BHI



At BHI Senior Living, *The Journey* is more than a memory support program—it's a philosophy rooted in compassion, connection, and dignity. Designed to support individuals living with dementia and their families, *The Journey* provides a holistic, person-centered approach to care that honors each individual's story, preferences, and needs.

Whether you are navigating memory loss with a loved one or simply seeking to understand more, we hope *The Journey* Newsletter provides the guidance, encouragement, and support you need along the way. *Let's walk this journey-together*.

BHI Senior Living proudly serves older adults throughout Indiana, Ohio, and Michigan through a trusted network of Life Plan and Active Adult Communities, along with our home health division, CarePlus Home Health.

Our communities include: Hoosier Village, Westminster Village North, Four Seasons, Athens Crossing, The Towne House, Prairie Landing, Barrington of Carmel, Wesley Manor, Maple Knoll Village, The Knolls of Oxford, Clark at Franklin and Clark at Keller Lake. Through this newsletter, we aim to serve as a trusted resource for families, caregivers, and professionals by sharing:

- Educational insights on dementia care
- Practical tips for caregivers
- Updates from our communities
- Stories that celebrate meaningful moments & milestones



10 EARLY SIGNS OF DEMENTIA YOU SHOULDN'T IGNORE

EMPOWERING FAMILIES TO SEEK HELP EARLY

1. MEMORY LOSS THAT DISRUPTS DAILY LIFE

Forgetting recently learned information, important dates, or repeatedly asking the same questions.

2. DIFFICULTY PLANNING OR SOLVING PROBLEMS

Struggling with familiar tasks like managing finances, following a recipe, or keeping track of medications.

3. CONFUSION WITH TIME OR PLACE

Losing track of dates, seasons, or forgetting where they are and how they got there.

4. CHALLENGES WITH WORDS OR CONVERSATION

Pausing mid-sentence, repeating themselves, or struggling to follow or join conversations.

5. MISPLACING ITEMS AND LOSING THE ABILITY TO RETRACE STEPS

Putting things in unusual places and accusing others of stealing.

6. DECREASED OR POOR JUDGMENT

Making uncharacteristic financial decisions or neglecting grooming and hygiene.

7. WITHDRAWAL FROM SOCIAL OR WORK ACTIVITIES

Losing interest in hobbies, avoiding social engagements, or skipping family traditions.

8. CHANGES IN MOOD AND PERSONALITY

Becoming confused, suspicious, anxious, or easily upset—especially in unfamiliar settings.

9. TROUBLE UNDERSTANDING VISUAL IMAGES OR SPATIAL RELATIONSHIPS

Difficulty reading, judging distance, or determining color contrast (which may affect driving).

10. STRUGGLES WITH FAMILIAR TASKS AT HOME OR WORK

Trouble operating appliances, navigating a route they've taken many times, or handling household responsibilities.

Recognizing these signs early gives your family the chance to plan, support your loved one effectively, and explore options like memory support at one of our BHI Senior Living Communities. We're here to walk that journey with you— starting with awareness, continuing with compassion

WANT TO LEARN MORE? DOWNLOAD OUR FREE DEMENTIA CARE GUIDE OR CALL US TO SCHEDULE A PRIVATE CONSULTATION AND TOUR.

CAREGIVER BURNOUT Recognize the signs & find balance

TOOLS AND RESOURCES FOR MAINTAINING EMOTIONAL HEALTH



Caring for someone living with dementia is an act of deep love—but it can also become emotionally, physically, and mentally exhausting over time. At BHI Senior Living, we see the incredible dedication family caregivers offer, and we also recognize the toll it can take. That's why understanding and addressing caregiver burnout is essential—for both the caregiver and the person receiving care.

WHAT IS CAREGIVER BURNOUT?

Caregiver burnout is a state of physical, emotional, and mental exhaustion that may be accompanied by a change in attitude—from positive and compassionate to overwhelmed and detached. It often happens when caregivers neglect their own wellbeing while focusing solely on their loved one's needs.

SIGNS TO WATCH FOR

- -Constant fatigue, even after rest
- -Irritability, anxiety, or mood swings
- -Loss of interest in hobbies or activities
- -Sleep disturbances
- -Withdrawal from friends and family
- -Feeling hopeless or overwhelmed
- -Physical symptoms such as headaches or muscle pain

-Burnout doesn't happen overnight it builds slowly, and that's why early awareness and intervention are key.



FINDING YOUR BALANCE

HERE ARE A FEW WAYS CAREGIVERS CAN TAKE CARE OF THEMSELVES WHILE CONTINUING TO SUPPORT THEIR LOVED ONE:



PRIORITIZE SELF-CARE

Even small moments of rest—like reading, walking, or journaling—can make a difference. Schedule time for yourself each day, even if it's just 15 minutes.

BUILD A SUPPORT NETWORK

Join a caregiver support group (in person or online), lean on friends, or speak with a professional counselor. BHI communities regularly partner with organizations like the Alzheimer's Association to offer support resources.

TAKE BREAKS WITH RESPITE CARE

Many BHI communities offer respite care options short-term stays that allow caregivers to rest and recharge while their loved one receives quality care in a safe, engaging environment.

ASK FOR HELP

It's not a sign of weakness—it's a necessity. Family, friends, and professional caregivers can step in and offer support when you're feeling overwhelmed.

STAY INFORMED

Knowledge is empowering. Understanding the progression of dementia, how to respond to challenging behaviors, and how to communicate effectively can ease the caregiving journey.

At BHI Senior Living, we believe in supporting not just the resident—but the entire family. Through The Journey, our holistic approach to memory support, we're committed to being a trusted resource for caregivers, helping them navigate each step with confidence and compassion. Need support? We're here to help. Caregivers are the heart of many residents' support systems. Through The Journey, our memory support program, we not only focus on resident care—but on caregiver well-being, too.



WE OFFER

- Family education and counseling resources
- Caregiver support group opportunities
- Guidance through transitions and next steps
- A community where you're never alone in this journey

CONTACT YOUR LOCAL BHI COMMUNITY TO LEARN MORE ABOUT RESPITE CARE, CAREGIVER RESOURCES, AND EDUCATIONAL OPPORTUNITIES.



You don't have to walk this path alone—let's take the journey together.

HAVING THE CONVERSATION HOW TO TALK TO A LOVED ONE ABOUT MEMORY SUPPORT

HELPFUL LANGUAGE AND TIMING TIPS FOR FAMILIES NAVIGATING A DIFFICULT TOPIC

Talking to a loved one about the need for memory support can be one of the hardest conversations you'll ever have—but also one of the most important. At BHI Senior Living, we understand that these discussions are often filled with emotion, uncertainty, and even fear. That's why we're here to guide you with compassion and confidence as you take this step.

TIMING MATTERS

Look for calm, quiet moments when your loved one feels safe and relaxed. Avoid starting the conversation during a crisis, when emotions are already high. If possible, involve other trusted family members or friends to create a supportive setting.

USE EMPATHY, NOT URGENCY

Start from a place of love and concern, not pressure. Let your loved one know this isn't about losing independence—it's about enhancing their quality of life and ensuring they're supported as their needs change.

"We've noticed a few things lately, and we want to make sure you feel safe and supported."

"We love you and want you to have the best care possible—would you be open to talking about some options?"

FOCUS ON FEELINGS, NOT JUST FACTS

Instead of listing symptoms or issues, speak from the heart:

"I've been feeling a little worried when you forget appointments. I want to make sure you're okay."

"I know how important it is for you to stay active and connected. I think there might be a place that could help with that."



PROVIDE REASSURANCE

Talk about how memory support communities—like those within BHI Senior Living—are built to empower, not limit. Share that The Journey memory support program is grounded in person-centered care, meaning their preferences, routines, and identities are respected every step of the way.

LET THEM KNOW:

- They will have their own space, privacy, and independence.
- They'll be surrounded by caring, trained staff.
- They'll enjoy enriching activities, meals, and connections.

OFFER NEXT STEPS

Sometimes, the conversation goes better when you offer to explore the options together. Suggest visiting a memory support community, attending an event, or simply sitting down with a care coordinator to learn more.

TIPS FOR A PRODUCTIVE CONVERSATION:

Keep the tone calm and loving.

- Use "we" language to show unity: "We've been thinking about what's best..."
- Be patient-it might take more than one conversation.
- Listen without judgment. Let your loved one express their fears or questions.
- Involve a physician, if appropriate, to provide clinical insight





SCAN HERE TO GET THE JOURNEY DEMENTIA GUIDE



At BHI Senior Living, we believe every journey starts with understanding. Through The Journey program, our communities support families just like yours by offering expert care, personalized attention, and resources for navigating memory loss with compassion. Want help starting the conversation? Contact us for a private consultation or to receive our free guide to memory support. You don't have to have all the answers—just the courage to begin the conversation. We're here to walk alongside you.

WHAT MAKES THE JOURNEY DIFFERENT?

BHI SENIOR LIVING'S SIGNATURE APPROACH TO MEMORY SUPPORT

At BHI Senior Living, The Journey is more than memory care—it's a compassionate, personcentered approach built on dignity and engagement. Unlike typical programs, The Journey ensures residents with dementia are truly known, valued, and empowered. Here's what makes it unique.

1. Person-Centered, Relationship-Based Care

Every resident is unique, and their care should reflect that. The Journey is rooted in personcentered care, meaning we take time to understand each individual's story, preferences, routines, and personality. This allows us to tailor care that not only meets their physical needs —but honors their identity.

2. Alzheimer's Association Best Practices

The Journey aligns with the Alzheimer's Association Dementia Care Practice Recommendations, the gold standard in memory care. This ensures families can trust that our communities are implementing evidence-based, compassionate approaches every day.

3. Purposeful Engagement & Meaningful Living

We believe every day should bring opportunities for joy, connection, and purpose. Through The Journey, residents participate in life-enriching activities that align with their interests, familiar, hands-on tasks that promote dignity and independence, and small-group or individual engagement to match each person's comfort and cognitive level.

4. Specialized Staff Training

Our team receives advanced training through programs like:

- Dementia Live[®] A powerful empathy-building simulation
- CORE Dementia Training In-depth tools and strategies for personalized care
- Ongoing education to ensure the latest and most compassionate practices are in use

This empowers our caregivers to support residents not just with knowledge-but with heart.

5. Support for Families Every Step of the Way

We know memory loss affects the entire family. The Journey offers support groups, educational resources, and one-on-one guidance to help loved ones navigate the emotional and practical aspects of care.

6. A Philosophy That Follows the Person

Whether your loved one is just beginning to show signs of cognitive change or is navigating the later stages of dementia, The Journey is designed to meet them where they are—and help them thrive.

THE JOURNEY HONORS EVERY STEP, EVERY STORY, EVERY MOMENT.

YOUR DEMENTIA CARE CHECKLIST

A PRACTICAL GUIDE TO PREPARING FOR MEMORY SUPPORT

Noticing changes in a loved one's memory or behavior? BHI Senior Living's Dementia Care Checklist offers a simple, supportive guide to help you stay organized, ask the right questions, and plan next steps.

STEP 1: UNDERSTAND THE NEEDS

Before you begin researching communities or care options, take time to reflect on your loved one's current situation. Are they forgetting important appointments or medications? Have you noticed changes in mood, hygiene, or safety? Is it becoming difficult to manage care at home? Understanding what you're seeing can help you explain the situation clearly to doctors and care professionals.

STEP 2: GATHER KEY DOCUMENTS

Having the right paperwork ready can simplify the process when touring communities or speaking with care coordinators:

- Medical history and current diagnoses
- List of medications and physicians
- Insurance and financial information
- Legal documents (POA, advance directives, etc.)

STEP 3: START RESEARCHING MEMORY SUPPORT OPTIONS

Look for communities that offer specialized memory care, not just general senior living. Questions to ask include:

- Is care person-centered and based on Alzheimer's Association best practices?
- What kind of training do caregivers receive?
- Are programs designed to provide engagement, purpose, and comfort?
- How are families involved in the care process?

STEP 4: TOUR THE COMMUNITY

Visiting in person is one of the most important steps. Use this opportunity to observe:

- Staff interactions with residents
- The safety, layout, and comfort of the environment
- Opportunities for meaningful activities and engagement
- Resources available for families
- Bring a list of questions, and don't be afraid to ask them all.

STEP 5: TALK WITH YOUR LOVED ONE

When the time feels right, begin the conversation with empathy and patience. (See our article on "Having the Conversation" for tips.) Keep the focus on safety, well-being, and maintaining dignity.

STEP 6: LEAN ON SUPPORT

You don't have to do this alone. From respite care to long-term solutions, The Journey is here to support both residents and families.

UNDERSTANDING THE JOURNEY THROUGH DEMENTIA

A SIMPLIFIED GUIDE TO THE STAGES OF ALZHEIMER'S AND WHAT TO EXPECT



Dementia is a progressive condition, and the uncertainty can be challenging for families. At BHI Senior Living, our holistic memory support program, The Journey, helps guide families every step of the way. This compassionate guide outlines the general stages of Alzheimer's, while recognizing that each person's experience is unique.

EARLY STAGE

In the early stage, individuals may still live independently, drive, and maintain social connections—but changes begin to appear in subtle ways.

MIDDLE STAGE

This stage often brings the most noticeable changes. Cognitive decline becomes more apparent, and support with daily living activities is often required.

 Trouble with personal hygiene, dressing, and meals

COMMON SIGNS:

- Increased confusion, especially in unfamiliar places
- Personality or behavior changes (mood swings, suspicion, wandering)
- Difficulty with communication and following conversations

HOW FAMILIES CAN HELP:

- Maintain familiar routines and surroundings
- Provide structured activities and opportunities for connection
- Consider professional support or a memory care community

LATE STAGE

In this stage, individuals typically require 24/7 care and assistance with all activities of daily living. Language may be limited, but emotional responses and physical presence still hold deep meaning.

COMMON SIGNS:

- Significant memory loss
- Limited mobility or speech
- Difficulty swallowing or eating
- Increased susceptibility to certain infections

HOW FAMILIES CAN HELP:

- Focus on comfort, presence, and emotional connection
- Use music, touch, and gentle words to provide reassurance
- Partner with experienced memory support professionals for care
- Take care of yourself as a caregiver, too

COMMON SIGNS:

- Forgetting people's names or recent events
- Difficulty with complex tasks (like managing bills or following a recipe)
- Losing track of time or appointments
- Repeating questions or stories
- Increased anxiety or frustration

HOW FAMILIES CAN HELP:

- Offer gentle reminders and encouragement
- Begin documenting important information (wills, POA, preferences)
- Start open conversations about future care needs
- Explore early support programs and social engagement

MYTHS ABOUT DEMENTIA

DEBUNKING COMMON MISCONCEPTIONS WITH SCIENCE AND COMPASSION

MYTH #1: MEMORY LOSS IS A NORMAL PART OF AGING.

TRUTH: While it's normal to occasionally forget names or misplace keys, dementiarelated memory loss is more frequent and disruptive. It affects thinking, reasoning, and daily functioning in a way that goes beyond typical aging.

MYTH #2: DEMENTIA AND ALZHEIMER'S ARE THE SAME THING.

TRUTH: Alzheimer's disease is the most common type of dementia, but it's just one form. Other types include vascular dementia, Lewy body dementia, and frontotemporal dementia—each with distinct symptoms and progression.

MYTH #3: THERE'S NOTHING YOU CAN DO IF SOMEONE HAS DEMENTIA.

TRUTH: While there is currently no cure, early diagnosis, compassionate care, and structured support can significantly improve quality of life. Programs like The Journey provide purposeful engagement and care tailored to each individual's needs.

MYTH #4: PEOPLE WITH DEMENTIA DON'T KNOW WHAT'S GOING ON.

TRUTH: Many individuals in the early and middle stages are aware of their memory challenges. They may feel frustrated, anxious, or afraid—which is why respectful communication, patience, and empathy are so important.

MYTH #5: ALL PEOPLE WITH DEMENTIA BECOME AGGRESSIVE.

TRUTH: Dementia affects each person differently. While some may experience mood changes or agitation, many remain gentle and kind. Behavior changes are often responses to fear, confusion, or unmet needs—not aggression.

MYTH #6: YOU HAVE TO WAIT UNTIL THINGS ARE REALLY BAD TO SEEK HELP.

 \checkmark

TRUTH: The earlier you explore memory support options, the better. Memory care communities like ours provide structure, safety, and enrichment—often improving daily life and preserving abilities longer than at-home care alone.



BHI SENIOR LIVING 8330 ALLISON POINTE TRAIL INDIANAPOLIS, IN 46250



HOLISTIC MEMORY CARE BY BHI

BECAUSE THE MORE YOU KNOW, THE BETTER WE CARE-TOGETHER.