

Three Reasons Seniors with Dementia Need Engagement



Individuals with dementia and Alzheimer's disease can experience important health benefits from safely spending time outdoors. With joy and purpose, engaging in meaningful moments outside the home can inspire longevity and well-being.

1. Individuals with dementia may experience high stress and agitation. Going outdoors can allow for mood enhancement, lowered stress levels, and a lifted spirit.
2. Being in familiar places outside the home can offer reality orientation and help individuals tap into what is going on around them.
3. Going out into society lessens feelings of isolation often experienced by people living with memory loss.

An Empathy-Based Approach to Memory Care

At Watermark's five Bay Area communities, our supportive and welcoming Memory Care neighborhoods specialize in caring for individuals living with Alzheimer's disease and dementia. Certified through the National Council of Certified Dementia Practitioners, specially trained universal caregivers known as *Nayas* incorporate each resident into the rhythms of daily living, cultivating a sense of community, connection, well-being, and peace of mind for the entire family.

Coping with Your Loved One's Dementia

Watching someone you care about experience symptoms of Alzheimer's and dementia can be difficult and emotional, to say the least. You're not alone – we're here to answer your questions and support you and your loved ones every step of the way.

Call any of Watermark's Bay Area locations to learn more and request a private tour today.

 **THE WATERMARK**
BY THE BAY
Emeryville, CA • 510-594-8800
emeryville.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #019200874

 **THE WATERMARK**
AT ROSEWOOD GARDENS
Livermore, CA • 925-443-7200
rosewoodgardens.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #019200708

 **THE WATERMARK**
AT SAN RAMON
San Ramon, CA • 925-725-1485
sanramon.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #079200962

 **FREMONT HILLS**
A WATERMARK RETIREMENT COMMUNITY®
Fremont, CA • 510-796-4200
fremonthills.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #019200761

 **LAKESIDE PARK**
A WATERMARK RETIREMENT COMMUNITY®
Oakland, CA • 510-444-4684
lakesidepark.watermarkcommunities.com
MEMORY CARE
RCFE LICENSE #019200529