

A FAMILY GUIDE

Understanding Dementia Care

Practical answers for families navigating a loved one's memory loss, from early signs to choosing the right long-term support.

NEST ELDER CARE

nesteldercare.com | +91 90045 94932

What's Inside

01	What Is Dementia?	3
02	Early Signs Families Often Miss	4
03	The Three Stages of Dementia	5
04	When Home Care Isn't Enough	6
05	How Nest Elder Care Supports Dementia Patients	7
06	A Day in Dementia-Focused Care	8
07	Frequently Asked Questions	9

Why this guide exists. A dementia diagnosis changes daily life for the whole family. This guide walks you through what to expect and how to plan, so you can make decisions with confidence instead of guesswork.

What Is Dementia?

Dementia is not one disease. It is a group of symptoms that affect memory, thinking, and daily function. Alzheimer's disease causes most cases. Other causes include vascular dementia, Lewy body dementia, and Parkinson's-related decline.

Dementia usually develops slowly. Families often notice small changes first. A parent forgets a name. They repeat a question. They misplace keys more often than before.

These moments feel minor at first. Over time, they form a pattern. That pattern is what doctors look for during diagnosis.

Why Early Understanding Matters

Dementia has no cure yet. But early diagnosis helps families plan ahead. It gives you time to explore treatment options, adjust routines, and choose the right care setting before a crisis forces a rushed decision.

Key point. Memory loss alone does not confirm dementia. A proper diagnosis needs cognitive assessments and a doctor's evaluation. Never assume based on symptoms alone.

Early Signs Families Often Miss

Early dementia symptoms hide in plain sight. Families often mistake them for normal aging or stress. Watch for these patterns over several weeks, not single incidents.

- ✓ Forgetting recent conversations or repeating the same question within minutes
- ✓ Struggling to follow a familiar recipe or complete a routine task
- ✓ Losing track of dates, seasons, or the passage of time
- ✓ Withdrawing from social activities they once enjoyed
- ✓ Misplacing items in unusual places, like keys in the fridge
- ✓ Difficulty finding the right word during conversation
- ✓ Sudden changes in mood, judgment, or decision-making

One sign alone rarely means dementia. A combination of several signs, appearing consistently, is worth a medical evaluation.

What to Do Next

Book a cognitive assessment with a geriatric specialist or neurologist. Bring specific examples of what you have noticed. Doctors rely on real details, not general impressions, to reach an accurate diagnosis.

The Three Stages of Dementia

Dementia progresses differently for every person. Most doctors describe it in three broad stages to help families plan care and set expectations.

Early Stage

The person still functions independently in most areas. They may forget words or misplace items more often. Family and friends may not notice unless they look closely.

Middle Stage

This is usually the longest stage. Confusion grows. The person needs help with daily tasks like dressing and bathing. Wandering, sleep disruption, and mood changes often begin here.

Late Stage

The person loses the ability to respond to their environment or carry a conversation. Full-time care becomes necessary for mobility, feeding, and safety. Round-the-clock supervision is essential.

Knowing the stage helps you match the level of support to actual need, rather than reacting to each new challenge as it appears.

When Home Care Isn't Enough

Many families start with home-based care. It works well in the early stage. But as dementia progresses, home care often reaches its limits.

Signs It's Time to Consider Professional Care

- ✓ Wandering episodes that put safety at risk, especially at night
- ✓ A caregiver showing signs of burnout or exhaustion
- ✓ Repeated falls or missed medication doses at home
- ✓ Aggressive or highly unpredictable behavior
- ✓ The person no longer recognizes familiar family members
- ✓ Family members living far away and unable to provide daily supervision

Choosing professional care is not a failure. It is a decision to give your loved one structured, trained support that home routines often cannot match at this stage.

A common worry. Many families fear guilt over this decision. In practice, specialised dementia care often improves quality of life, since trained staff manage symptoms that overwhelmed caregivers at home.

How Nest Elder Care Supports Dementia Patients

Nest Elder Care runs specialised dementia care programs across our centres in India. Our approach combines medical supervision with structured daily engagement.

What Sets Our Program Apart

- ✓ Doctors and nurses trained specifically in dementia and memory-related conditions
- ✓ Structured daily routines that reduce confusion and anxiety
- ✓ Memory-enhancing activities and cognitive stimulation therapy
- ✓ 24/7 supervision with emergency alert systems and CCTV monitoring
- ✓ Anti-skid flooring and secure layouts designed for wandering safety
- ✓ Regular family updates on health and behavioural changes

Every resident receives a personalised care plan after a full health and cognitive assessment. Our medical team reviews and adjusts this plan regularly as needs change.

Our promise. We treat every resident with dignity and patience. Families tell us the structure and consistency at Nest often bring a calm that home routines struggled to maintain.

A Day in Dementia-Focused Care

Consistency matters most for dementia residents. A predictable routine reduces confusion and helps residents feel secure. Here is a typical day at Nest Elder Care.

- ✓ **6:00 AM** — Gentle morning routine with guided movement
- ✓ **8:00 AM** — Nutritious breakfast in a calm, familiar setting
- ✓ **10:00 AM** — Doctor rounds and health checkups
- ✓ **12:00 PM** — Lunch followed by rest time
- ✓ **3:00 PM** — Memory-stimulating activities and hobby sessions
- ✓ **6:00 PM** — Evening tea and social interaction
- ✓ **8:00 PM** — Dinner and family video calls

This structure gives residents a sense of familiarity every single day. Over time, that familiarity often reduces agitation and supports better sleep patterns.

Frequently Asked Questions

Is dementia the same as normal aging?

No. Occasional forgetfulness is normal with age. Dementia involves a consistent decline that interferes with daily life and independence.

Can dementia be reversed?

Most forms of dementia cannot be reversed. However, early diagnosis and the right care can slow progression and improve quality of life significantly.

How do I talk to my parent about moving to a care facility?

Approach the conversation with empathy, not urgency. Focus on safety and quality of life rather than limitations. Involve them in the decision wherever possible.

What should I look for when choosing a dementia care facility?

Look for trained medical staff, structured daily routines, safety features like secure layouts, and transparent communication with families about health updates.

Does Nest Elder Care offer short-term respite stays for dementia patients?

Yes. Our respite care option allows families to arrange temporary professional support without a long-term commitment, ideal for caregiver breaks or travel.

Have Questions About Dementia Care?

Our care advisors are available to walk you through assessment, admission, and personalised care planning for your loved one.

Speak With a Care Advisor

+91 90045 94932

nesteldercare@gmail.com

nesteldercare.com

Centres in Mumbai · Pune · Navi Mumbai · Panvel · Ahmedabad · Gurgaon