



Ways to Show Your Loved One You Care

February is a month generally associated with love. In all of its glittery, red, and pink glory, this month can prompt us to remind others how much we love and care for them. You don't need a month to remind you to tell your loved ones that you love them, but things can sometimes be complicated. If your loved one is aging, lives far away, or has a medical condition that makes communication a bit different than it used to be years ago, you may be stumped on how to tell them that you love them or are invested in their life. You certainly wouldn't be the first daughter or son who wonders if your parent living with dementia can comprehend who you are, let alone how much you love them.



But we can assure you that your parent loves you and wants to have a connection with you. A family connection doesn't have to be broken by memory loss, communication difficulties, or hearing loss. Indeed, your bond can remain strong even if it may have to look a bit different. Here are a few ways that you can show your loved one how much you care.

Share an Experience

A wonderful way to show your aging loved one that you care is to create a memory together. Sharing an experience, no matter how big or small, can go a long way for both of you. Shut off your work cell phone and spend time doing something together. Try going for a walk, heading out to a show at the community theater, or browsing around your local garden center. Doing something out of the ordinary together can be a wonderful break in the routine of your regular visits.

Cook and Eat Together

There's so much magic that can happen in the kitchen and around the table. Plan to cook and enjoy a meal together. Turn on favorite music and sing as you both chop and stir. Cooking is full of sensory opportunities – the snap of the green beans, the sizzle of the bacon, the smell of the basil, the smoothness of the green pepper – that can evoke memories and relaxation. After you cook together, stick around for the best part: dinner.

Welcome Silence

In our busy world, it can become easy to be uncomfortable with silence. However, seniors living with dementia or memory loss can find the silence calming. Instead of attempting to fill the silence with activities or conversation or music, try instead to just sit and simply be there with your loved one in the stillness of the day. Fold laundry together quietly, sift through the newspaper quietly, or simply sit on the couch together. You are sharing the moment, and the silence, together.

Remember the Power of Touch

Touch is a powerful communication tool, especially for those living with memory loss or other conditions. The next time you are visiting your loved one, consciously note how many times you offer a friendly touch. You might be surprised that you only give a hello and goodbye hug, or you might find that your touches are all task-based. Focus on giving friendly and soft touches throughout your visit. Hold your loved one's hand when watching television, or pat her hand gently while singing a song.



If you are struggling to find ways to connect with your loved one, you might find that regular visits are more uncomfortable. However, once you find a way for both of you to feel loved and nurtured, you will once again find a comfortable rhythm in your visit.

Our [Visiting Angels](#) would love the opportunity to build a relationship with your loved one and your entire family. Give us a call to see how we might be able to assist your loved one in their home.

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