



Recognizing the Early Signs of Dementia

If you notice these signs and symptoms in a loved one, don't ignore them.

Signs and symptoms include:

- Confusion, particularly related to time or place
- Changes in mood or personality
- Trouble remembering new information
- Growing depressed and withdrawn
- Trouble problem-solving
- Increased anxiety
- Trouble communicating (verbally or written)
- Getting lost, especially on one's way to familiar places
- Routinely misplacing commonly used items
- Exhibiting signs of paranoia
- Exercising poor judgment

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. We challenge traditional assumptions about what's possible. 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

Located in Emeryville, CA
510-594-8800

 THE WATERMARK
AT SAN RAMON

Located in San Ramon, CA
925-725-1485

 THE WATERMARK
AT ROSEWOOD GARDENS

Located in Livermore, CA
925-443-7200

 SAGEBROOK
SENIOR LIVING AT SAN FRANCISCO
A WATERMARK RETIREMENT COMMUNITY™

Located in San Francisco, CA
415-346-0246

 FREMONT HILLS
A WATERMARK RETIREMENT COMMUNITY™

Located in Fremont, CA
510-796-4200

 LAKESIDE PARK
A WATERMARK RETIREMENT COMMUNITY™

Located in Oakland, CA
510-444-4684