



Memory Care & Wellness Services

Helping family caregivers care for persons with dementia.

Memory Care & Wellness Services (MCWS) offers:

- a safe, social, therapeutic environment
- activities for cognitive stimulation
- a structured fitness program
- health assessment & skilled nursing
- occupational therapy
- enhanced support for families

The University of Washington Northwest Research Group on Aging found that participants attending MCWS showed a decrease in the frequency of behavior problems and improved quality of life. And their family caregivers did better emotionally.

Participants look forward to attending and family members are often pleasantly surprised that their loved ones are motivated to get themselves up and ready to go to the program.

FIND OUT MORE

To learn more about MCWS and other day programs and residential options offered by Full Life, please call:

206.528.5315 King County
425.355.1313 Snohomish County

www.fulllifecare.org



"Memory Care & Wellness Services keeps my mother mentally and physically active, and the program gives me time to grocery shop and run other errands. Everyone is very upbeat and has a great attitude – they all really have their hearts in their work."

— Don, son of Donna