

Visitors

From the Care Home records, my cousin visited my mother about every 6 weeks and her sister and brother visited her about every 2 months. I am pleased that they did visit, although not very regularly, they didn't give me any regular feedback, but at least my mother had some company in between my visits. It does seem though that visits tend to diminish as the dementia gets worse. Families do feel their loved ones are safe and it's hard for them to see the state they have reached. Unfortunately her sister and brother passed away before my mother, but my cousin did continue to visit.

Some people are good visitors, and some are not. I personally was not a good visitor. It was awkward at times as there was not a lot of reassurance from my mother that it's worth us being there - and that reassurance didn't always come. It really does pay dividends if you can plan something to do that might have some meaning for the person you're visiting. I'm sure that many visitors just sit there looking at their watches, next to their supposed loved ones, not touching them, not interacting at all. And they say, "Well, it's been lovely to see you," and their loved one just stares at the floor, and they kiss them and their loved one stares at the same floor, and then they go. End of visit. Yes we did consider it our duty to visit my mother in the Care Home but it was sometimes a bit tough going, proper conversations were out of the question and we did seem to end up talking amongst ourselves but we do hope we made a difference and we did try to communicate the love that brought us through the traffic and the deadlines. And some visits really may be awful when your loved one is just agitated or distant. Visits like that are upsetting for all concerned and unhelpful for the person with dementia. There may be other worries gnawing at you, making you feel you should be somewhere else. There may also be days when everything just seems grey and hopeless.