



## **The New Face of Memory Care in Charlotte: Residential Assisted Living for a Changing Population**

### **The New Face of Memory Care in Charlotte | The Magnolia Assisted Living**

*Discover how residential assisted living is transforming memory care in Charlotte, NC. Learn about benefits, trends, and local data on Alzheimer's care needs.*

### **Introduction: A New Era in Memory Care**

Memory care in Charlotte—and across North Carolina—is evolving. Families are seeking options that balance expert dementia care with warmth, familiarity, and dignity. One of the fastest-growing trends is residential assisted living tailored for memory care—small, home-like environments that deliver highly personalized support.

With The Magnolia Assisted Living & Memory Care opening in Q1 2026 in South Charlotte, we're embracing this model and bringing a new standard to our community.

### **The Growing Need in Charlotte and North Carolina**

The numbers tell a powerful story:

- Over 180,000 North Carolinians currently live with Alzheimer's disease or other dementias. This number is projected to grow by 21% by 2025, reaching more than 210,000 people. (Source: Alzheimer's Association)
- Mecklenburg County is home to more than 160,000 residents aged 60+, with the fastest-growing segment being those 85 and older—the group most likely to require memory care.
- In the Charlotte metro area, the senior population has grown by 42% in the past decade, outpacing the national average.
- North Carolina ranks 9th in the nation for fastest-growing 65+ population. (Source: NC Department of Health and Human Services)

### **What is Residential Assisted Living for Memory Care?**

Residential assisted living for memory care isn't just a trend—it's a return to what works.

Residential assisted living—also called “residential care homes” or “small group homes”—combines professional care with the comfort of a home environment. Serving 6 residents in a neighborhood home, this model provides a personalized approach that is especially valuable for those living with dementia.

Here's why families are choosing home-like environments over institutional care:

### Key Features:

- ✓ 6 Residents
  - Research shows that **smaller environments significantly reduce agitation and improve quality of life** for dementia patients. When residents know everyone's name (staff and fellow residents), anxiety decreases and meaningful connections flourish.
- ✓ Low Staff-to-Resident Ratios – Often 1:3 or 1:4, enabling quick responses and relationship-based care.
- ✓ Homelike Atmosphere – Reduces anxiety and confusion common in large institutional settings.
  - **Familiar sounds and smells** (home cooking vs. institutional kitchens)
  - **Flexible routines** that adapt to individual rhythms
  - **Private spaces** that feel like bedrooms, not hospital rooms
  - **Family involvement** that's welcomed, not scheduled
- ✓ Specialized Programming – Activities adapted for cognitive abilities, with a focus on sensory engagement and preserved skills.
- ✓ Safety Features Without the Institutional Feel – Secured doors, wander prevention, adapted bathrooms—all within a warm, welcoming space.
- ✓ Family-Centered Approach – Families remain deeply involved in care and daily life.

### Why Families Choose This Model:

- ✓ More emotional connection between residents, staff, and family
- ✓ Calmer, less overwhelming environment for dementia care
- ✓ Flexibility in routines and meals
- ✓ Maintains a strong sense of dignity and independence

### The Benefits of a Multi-Dimensional Wellness Approach

At Magnolia, we embrace holistic wellness and integrate Eight Dimensions of Wellness—emotional, physical, intellectual, social, spiritual, environmental, occupational, and financial—into every aspect of care. This ensures that each resident's mind, body, and spirit are nurtured, not just their medical

needs and here is an example of what that looks like:

**Physical Wellness:** Gentle movement classes, therapeutic gardening, and adaptive exercises that meet residents where they are—not where they "should" be.

**Intellectual Wellness:** Memory games that build on preserved skills, current events discussions that maintain connection to the world, and creative activities that spark joy.

**Social Wellness:** Family-style meals, intergenerational programs, and community connections that prevent the isolation so common in traditional care.

**Spiritual Wellness:** Access to faith-based services, faith based resources, meditation spaces, and opportunities for reflection and meaning-making.

**Environmental Wellness:** Safe outdoor spaces, natural lighting, and home-like settings that reduce the institutional feel.

### **The Charlotte Advantage: Community- Centered Care**

Our location in South Charlotte—serving SouthPark, Myers Park, Waxhaw, Pineville, and Matthews and the Greater Charlotte area—allows families to keep loved ones close to their community. We partner with local healthcare providers, dementia specialists, and senior organizations to ensure comprehensive, connected care.

We chose the South Charlotte area with intentional purpose. When families choose local care, they maintain:

- **Established relationships** with trusted physicians and specialists
- **Continued connections** to familiar churches, communities, and friends
- **Family involvement** without the burden of long drives and disrupted routines

### **Key Takeaways for Families Considering Memory Care**

1. Charlotte's aging population is growing rapidly, increasing demand for memory care.
2. Residential assisted living offers a warm, personalized alternative to large facilities.
3. Low staff-to-resident ratios, homelike settings, and specialized programming can improve quality of life.
4. Choosing a community before a crisis allows for better planning and smoother transitions.

## About The Magnolia Assisted Living & Memory Care

Opening in early 2026, The Magnolia Assisted Living & Memory Care will set a new standard for dementia care in the Charlotte area—combining the intimacy of residential living with the resources of a professional memory care team.

### Access to community and statewide support resources, including:

- **Alzheimer's Association NC Chapter** ([www.alznc.org](http://www.alznc.org))
- **NC Division of Aging & Adult Services** ([www.ncdhhs.gov/divisions/aging-adult-services](http://www.ncdhhs.gov/divisions/aging-adult-services))
- **Mayo Clinic — Alzheimer's resource center** ([www.mayoclinic.org/.../alzheimers-disease](http://www.mayoclinic.org/.../alzheimers-disease))
- **Assisted Living Federation of America (ALFA)** (<https://www.alfanet.org>)

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