

“Do you think I should visit?

They won't remember me anyway.”

Have you ever heard someone say, “*Do you think I should visit, they won't remember me anyway?*” I have heard this quite often, when people are asked to go visit an old friend or loved one in an assisted living facility, or a nursing home.

Please remember this, because it is so important.

First and foremost, when visiting an old friend or loved one who for whatever reason is no longer the way they once were, we are not visiting for our sake, we are visiting for theirs.

This is so important but is the one excuse used time and time again.

Whether that friend or family member remembers you or not is not the point. People crave companionship and closeness. The simple act of holding a person's hand can bring a smile to their face, or just by talking with them, telling them something meaningful, can in fact make their entire day.

This is about them. Just taking a little time from your day and giving it to them, can make such a difference.

Even recent scientific studies by the HeartMath Institute in California, show that, by just being in close proximity to another person, or by holding their hand, you are actually passing a form of positive energy to them. You can light that person up a little by being there.

So, if you hear yourself or someone else say, “it's not important, they won't remember me anyway,” it's time to take a step back and take a deep breath. Remember how important you are to them. And maybe just a little, you can brighten up their world. This might be all they have. Isn't that worth it?