



# Person-Centered, Wellness-Based Memory Care



## Memory Care Apartments







# Memory Care Neighborhoods

The best journeys are the shared journeys. At American Senior Communities, we have the utmost respect for those with dementia and we understand its impact on those who live with it. We are also grateful to have many opportunities each day to promote a sense of wholeness, purpose and meaning as residents in our Memory Care neighborhoods make the most of their lives.

Memory Care neighborhoods are “communities within communities” at our locations. The Memory Care neighborhood provides enhanced safety, specially trained staff, support programs and activities of special benefit to those with cognitive challenges. We purposefully integrate amenities and activities with our larger community to help residents within our Memory Care neighborhoods stay connected and experience a full and rewarding lifestyle to the extent each is able.

With a variety of floor plans, Memory Care studio and one-bedroom apartments provide each person the opportunity to enjoy as much privacy and independence as possible, while surrounding themselves with their own comfortable furnishings. We also offer a more social and affordable option with companion living apartments. Within these shared accommodations, residents develop a familiarity with their roommate, thus promoting a sense of security and a faster adjustment to their new home.

As Albert Einstein once said, “Life is like riding a bicycle. To keep your balance, you must keep moving.” This is our approach, too: not simply to encourage active lives, but to travel alongside each resident and his or her loved ones - sharing the entire journey - to ensure the most comfort, peace of mind and quality of life possible at every stage. After all, our residents and their families are part of our family, too.



# Person-Centered, Wellness-Based Care

For us, it's personal. Even though we rely on consistent protocols and environmental factors to address some common experiences among those with dementia, Memory Care living at American Senior Communities is highly personal - founded on what is widely referred to as "Person-Centered Care." Through an initial discovery process involving care staff, the resident and his or her family, we learn unique and specific details about the resident's younger life, career, relationships, defining moments, hobbies, interests and values. This intimate knowledge helps us adapt activities and responses that can reduce anxiety, improve emotional well-being and enrich living.

Each resident has his or her unique life story, which continues to unfold. Through a continuous, shared journey of discovery, we help each resident create new chapters of personal satisfaction and success each day by incorporating scientifically sound, association-endorsed best practices in ways that are innovative, proactive, inclusive and individualized.

Here, wellness-based, person-centered care more accurately describes what we do. We honor each resident by focusing on his or her strengths. Each day brings new opportunities to live meaningfully and take pride in what can be experienced and accomplished.

More specifically, we incorporate a strategy founded on wellness rather than illness. We direct our attention to the full circle of each person's life and focus on the truly possible, positive daily actions and outcomes, rather than dwell on what is "broken" - enabling each person to experience a greater sense of purpose, fulfillment and well-being.

Because of our wellness philosophy, we strive not to use medication as a response to episodic emotional or behavioral challenges. If medications are necessary, we administer them responsibly and in compliance with family wishes and physician orders. Instead, we focus on more natural and positive strategies, such as physical activity. Exercise, of course, enhances mental, emotional and psychological well-being for us all, not only through physiological and chemical responses, but also in providing challenge and a sense of accomplishment.



## Mindful Care

Everything we do to enrich living is founded on scientific wisdom. We continually stay abreast of the latest dementia research and interventions put forth by the most credible and respected researchers, organizations and scientific journals.

Each resident receives the attention and assistance he or she needs with activities of daily living (ADLs), such as grooming or bathing, and we provide meals, transportation, housekeeping and maintenance.

Our experienced Memory Care Support Specialists are specially trained and certified through the National Council of Certified Dementia Care Practitioners, and also undergo continuing state regulated dementia care training. Every team member who might interact at any time with a Memory Care resident - from a culinary aide to those who assist with ADLs- also receives structured, regulated training on dementia care. We supplement this regularly with our own in-service training.





# Safety, Autonomy and Comfort Through Thoughtful Design

The neighborhood uses thoughtful designs and environmental cues to increase autonomy as residents navigate through their day.

Because memory loss and disorientation cause wandering, the Memory Care residential area is securely enclosed, and all entry and exit points are electronically controlled and continuously monitored. Yet, residents are not restricted only to the apartment building. The secure grounds include ample green spaces and walking paths. These respectful and unobtrusive safety features and the larger enclosed neighborhood design allow greater freedom of movement, privacy and independence.

Our courtyard pathways incorporate thoughtful design and way-finding aids to assist residents in returning to their point of entry safely and more easily.

Reminiscent therapy relies on the fact that while new memory formation may be impaired, memories of the more distant past remain intact longer. One example of this is our use of “memory boxes.” A clear box is mounted outside each apartment. Residents are encouraged to fill it with mementos and photos from times past that retain positive, personal significance. This provides a meaningful and comforting tool for identifying their apartments by association. Throughout hallways, common areas and courtyards, we also incorporate interactive displays representing nostalgic time periods and relevant hobbies or topics. By reminiscent connections, as well as tactile, kinesthetic and visual cues, they serve as unique landmarks along oft-repeated paths that combine with procedural memory to help residents navigate more freely and effectively, with less stress.





## Our Splendid Table

Proper nutrition is important for a variety of physical and emotional reasons. We often see improvements in a resident's health and happiness simply because our nutritionists provide consistent, wholesome and good-tasting meals. Yet, we believe dining should be more than an "eat to live" function. It can be an opportunity to really live. "Our Splendid Table" is a rich and social culinary experience that appeals to all senses, not just taste. Served in our dining room exclusively for residents within our Memory Care neighborhoods, the setting minimizes any self-consciousness due to dexterity or swallowing difficulties.

Brightly colored tableware and linens create a festive environment while also providing cognitive and sensory stimulation. Meals are served in courses by wait staff, so that every dinner becomes a special occasion without the chore or challenges of self-serve. Care team members join each table's party, encouraging social interaction, but also fostering the sense of family we value - and, of course, enabling continual opportunity for personal insight that helps us serve each resident each day in a familial rather than clinical way.





# Daily Wellness

While we respect each person's privacy, we also believe in the power of connectedness. Social and enrichment programs can counteract feelings of isolation, provide multi-level, multi-sensory therapeutic benefits and help residents experience greater fulfillment. We individually invite and encourage – but never force – residents to join in.

Each Memory Care Support Specialist considers the whole person in offering options that address all four wellness dimensions. In skill and knowledge-building activities, Montessori techniques allow each person to engage according to ability. Personal relationships also allow us to tailor offerings to residents' specific interests. For example, if a group of residents' springtime conversations turn to reminiscing about planting flowers, the specialist may develop a window garden program. If others express the importance of church in their lives, the specialist may work with them to form a gospel choir, integrate scripture passages into word puzzles or art expression, or arrange prayer meetings.

Exercise can be even more helpful for those with dementia. Exercise routines can help offset loss of function by invoking “muscle memory” through certain physical movements.

Each Memory Care neighborhood offers exercise classes twice daily, led by staff who try to consider personal interests. For example, if a resident is mildly impaired cognitively (perhaps forgetful or repetitive) - but is physically able and enjoys bird-watching or nature hikes - staff may arrange for him or her to safely join a nature walk scheduled for the larger community to combine exercise with a more inclusive sense of belonging and normalcy.

Alternatively, if a resident has been an avid tennis player but now lacks ability to continue the sport in earnest, the care team will work to develop exercise that brings in familiar movements in a safe manner. This could be seated, upper body exercises using a much lighter but functionally and physically similar badminton racquet, or incorporating tactile and reminiscent memory by using a tennis ball for hand squeeze exercises to help the resident retain manual dexterity as long as possible.



## 4 Domains of Wellness



INTELLECTUAL



PHYSICAL



SOCIAL/EMOTIONAL



SPIRITUAL

### Sample Daily Schedule

9:00 a.m.	Gentle Yoga	
9:30 a.m.	Trivia	
10:00 a.m.	Housekeeping Tasks	
10:30 a.m.	Morning Revitalization	
11:00 a.m.	Artful Expressions	
11:30 a.m.	Lunch Preparation	
1:30 p.m.	Drumming Circle	
2:00 p.m.	Martin's Military Memories	
3:00 p.m.	Laughter is the Best Medicine	
3:30 p.m.	Walk and Roll Outside	
4:00 p.m.	Cottage Choir Practice	
4:45 p.m.	Dinner Preparation	
6:00 p.m.	Evening Gathering /Hymn Sing	
6:45 p.m.	Movie Classics	



## We're in This Together

Family engagement and support is a vital connection for a person with dementia to hold onto. And, dementia deeply affects the family, whether it's stress from serving as caregiver, or the emotional impact of experiencing changes in a relationship with a parent because he or she isn't the same person today as yesterday. So, our support is purposefully designed to embrace the resident's family and loved ones as well.

We include family members in the discovery process we use to develop personal support plans. We counsel family on what to expect and how to best support their loved on. We also invite family to "Cottage Connections," peer support and education groups we host specifically for family of residents within our Memory Care neighborhoods.

## Staying Connected

We understand that staying connected to loved ones is important regardless of schedule and distance so we personalize family communications. This can range from informal updates during visits to emails to arranging video conference get-togethers.

We pro-actively make ourselves accountable to family members and guardians. When a resident's health or cognitive condition changes, we immediately communicate with the family and discuss any recommended changes in support. If a resident's condition remains stable, family can still expect a quarterly update. We conduct a comprehensive review annually and share observations, input and feedback in person with family.

Through our social media, website and email newsletters, family can stay informed of happenings at the community as well as upcoming scheduled events. Besides being welcome to drop by any time, we also actively host and invite family members to celebrations and social events, some that are strictly casual and others that are developed specifically to provide directed, positive family participation for therapeutic reasons.









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## Notes:







*“One person caring about another represents life’s greatest value.”*

*– Jim Rohn*

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# Memory Care Apartments

Memory Care living at American Senior Communities is highly personal. Our Memory Care neighborhoods are “Communities within communities.” More than providing enhanced safety, specially trained staff and activities of special benefit to those living with cognitive challenges, we are truly committed to providing “person-centered care.”

## American Senior Communities offers a full range of lifestyle & care options:

- New Energy Wellness
- Garden Homes
- Independent Living Apartments
- Assisted Living Apartments
- Memory Care Apartments
- Respite
- Moving Forward Rehabilitation
- Outpatient Therapy
- Advanced Respiratory Therapy
- Ventilator Care
- Skilled Nursing Care
- Auguste’s Cottage Memory Care
- Long Term Care
- Hospice

*Services may vary by location, please visit [ASCCare.com](http://ASCCare.com) to learn more.*



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Communities®**

*Where caring people make the difference.*