

# Person-Centered, Wellness-Based Memory Care









# Our Memory Care Neighborhoods

While a cure for Alzheimer's disease does not yet exist, many options are available that enable those with the disease or other forms of memory loss to enjoy a higher quality of life. We understand that the progression of Alzheimer's and the symptoms that accompany it often make it difficult for family members to continue care at home. In response, we've created a Memory Care program specializing in the unique needs of residents living with memory loss.

We utilize a person-centered, wellness-based model of care that incorporates stimulating daily activities to sustain independence and promote a healthy spirit. Our structured, research-based program is a self-contained center within our care community. Our focus is to maintain a secure, home environment where residents have a sense of belonging and meaning each and every day.



## Person-Centered Care

Even though we rely on consistent protocols, our care is highly personalized—founded on what is widely referred to as “person-centered care.” Through an initial discovery process with the care staff, the resident and his or her family, we get to know our new resident. We learn the unique and specific details of their life growing up, career, relationships, defining moments, hobbies, interests and values. This intimate knowledge helps us adapt our activities and responses to reduce anxiety, improve emotional well-being and enrich living.

Each resident has a unique life story, which continues to unfold under our care. We’re here to positively influence and support that story. Through a shared journey of discovery, we help each resident create new chapters of personal satisfaction and success each day. We accomplish this by incorporating scientifically sound best practices in ways that are innovative, proactive, inclusive, and individualized.

## Wellness-Based Approach to Care

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, 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 physician orders while also exploring holistic interventions whenever possible.





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# Meaningful Days

While we respect each person's privacy, we believe in the power of connectedness. Social and enrichment programs can counteract feelings of isolation, provide multi-level and 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 to offer options that address all four wellness domains (intellectual, physical, social/emotional and spiritual). Personal relationships allow us to tailor offerings to residents' specific interests. Positive, proactive engagement creates a sense of wholeness and dignity, which allows each resident to be their best selves in the midst of their dementia journey. We develop and continuously adapt a personalized pathway along all four domains.





## 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.	Neighborhood Choir Practice	
4:45 p.m.	Dinner Preparation	
6:00 p.m.	Evening Gathering /Hymn Sing	
6:45 p.m.	Movie Classics	



# Innovations in Enrichment and Emotional Well-Being

Each individual who joins our Memory Care community has a unique journey. In order to supplement and enrich our residents' life experiences, we use a wide range of holistic, innovative and individualized sensory techniques.

- **ASC Memory Care ROCKS!:** We identify songs or music that hold meaning to the resident to help him or her focus on more pleasant sensory input. Some of the many benefits of music include evoking long-term memories, temporarily restoring verbal expression, improving mood and providing social opportunities.
- **Deep Pressure Therapy (DPT):** We incorporate DPT principles through the use of weighted blankets. DPT is a clinical term for applying gentle distributed weight (pressure), mimicking a hug, and triggering a natural release of serotonin and oxytocin. This causes a sense of calmness and well being.
- **Animatronic Pets:** When live animals (such as dogs and cats) are not immediately available, affectionate lifelike robotic pets provide the opportunity for the resident to be in the role of the nurturer and caregiver which is a very calming experience. These animals are a wonderful way to use a non-pharmaceutical approach to offer comfort and a sense of calm.
- **Full Spectrum Light:** Bright light improves mood, awareness and vision. We utilize light boxes with full spectrum light bulbs as a proven beneficial form of light therapy.
- **Aromatherapy:** Stimulating scents are used in the morning and early afternoon, calming scents are diffused after lunch and at bedtime, and appetite-inducing scents are introduced at mealtimes.
- **Snoezelen:** Pronounced "Snooze-a-len," is a contraction of two Dutch words meaning to "relax" and "explore" at the same time. The program involves a process of invoking one or several senses at a time based on the situational need and/or response of the resident to various items provided. Products associated with this program are meant to activate the senses and to be used either individually or in very small groups. Items related to this program include fiber optic light strands, projected images, aromatherapy, musical offerings, water displays and varied textural experiences, all offered in a secluded, quiet environment.





- **Encore - Generational Programming for those Living with Dementia:** The Baby Boomer generation (those who were born during the “Baby Boom” era in this country spanning the years from 1946-1964) is beginning to draw our attention in the world of Long-Term Care. The first of the Boomer generation are now starting to reach the age of risk for developing gerontological challenges such as Alzheimer’s disease and related forms of dementia. Music, leisure activities, décor, and even food preferences are often different for this group of people than for those who lived before them. We have developed unique programs customized for this independent generation.
- **Dining Red:** Those living with diagnoses of Alzheimer’s disease or related forms of dementia can develop challenges in seeing the world around them accurately. Due to this challenge, food that is too monochromatic (being of one color), served on the same color plate, may create a difficult situation for someone trying to see the food on the plate to eat it. We are pleased to offer cayenne red plates to our residents in all our Memory Care neighborhoods. That color has been demonstrated to be an appetite enhancer. We see this as one way to provide our residents with an opportunity to have a more successful dining experience and to combat the potential for weight loss that often accompanies a dementia journey.





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their past, help residents forge a connection between  
where they are "in the now" and where they came from.*





# Thoughtfully Designed Environments

Tailored to the needs of those with cognitive challenges, our Memory Care neighborhood uses thoughtful designs and environmental cues to increase confidence as residents navigate their day.

Because memory loss and disorientation can cause wandering among many of those living with dementia, each Memory Care neighborhood is secure and all entry and exit points are electronically controlled and continuously monitored. Yet, residents are not restricted only to their room and common space. Ample opportunities are provided for fresh air and community involvement.

Items that are meaningful and specific from their past help residents forge a connection between where they are “in the now” and where they’ve come from. Our use of “memory boxes” helps residents make these connections. A clear box is mounted outside each apartment and 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 room by association and stimulate reminiscent conversations.

Throughout hallways, common areas and courtyards, we also incorporate interactive displays representing nostalgic time periods and relevant hobbies or topics. Through reminiscent connections as well as tactile, kinesthetic and visual cues, they serve as landmarks that help residents navigate more freely and effectively with less stress.

## Nutrition For Wellness

Nutrition has a huge impact on health, mood and happiness. While poor nutrition frequently accompanies dementia for a variety of physical or emotional reasons, we often see improvements in a new resident’s health and happiness simply because our nutritionists provide consistent, wholesome and tasty meals.

Served in our dining room exclusively for Memory Care residents, the setting minimizes any self-consciousness due to dexterity or swallowing difficulties. Brightly colored tableware creates a festive environment while also providing cognitive and sensory stimulation. According to a study by Boston University, advanced Alzheimer’s patients eat and drink more when using high-contrast plates, cups and silverware. Portable foods are also offered to those who may find it difficult to sit through an entire meal.

# Prism Cognitive Staging



Prism Cognitive Staging is a specialized program designed to help families and professional caregivers understand where an individual may reside within their cognitive journey.

Much like a prism with light reflecting and refracting, revealing many different colors across a unique spectrum, Alzheimer's is a multifaceted experience. This cognitive staging tool guides our care efforts through the various stages of Alzheimer's or dementia.

We tailor care for different stages. This program recognizes and emphasizes the abilities still present at each stage to which fun and social opportunities are tailored through a specialized daily activity program. As a resident's needs change, their stage and our specialized care changes, too. We consider things like physical ability, personality and emotions to always determine the best course of action in our decision making. Dining, medication administration, care efforts, life enrichment approaches and even how we interact are all guided by the Prism Cognitive Staging program.

## GREEN STAGE

The Green Stage represents normal memory functioning with potential involvement with Mild Cognitive Impairment. Some consideration is needed for normal, age-related brain changes.

## YELLOW STAGE

During the Yellow Stage, caregivers need to slow down and consider the person's needs and abilities. Interactions with your loved one may require some specific memory supportive interactions.

## RED STAGE

Symptoms continue to advance during the Red Stage. It's important to consider the person's abilities, mood state and your loved one's needs before proceeding with interactions.

## VIOLET STAGE

Like the final color of the spectrum, Violet is the most advanced stage of the dementia journey. This requires our most heartfelt care efforts as we work to assist both you and your loved one with the specialized care needs associated with this stage.





## Highly Specialized Staff

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

Our experienced Memory Care Support Specialists continually undergo state regulated and enhanced dementia care training. Every team member who might interact with a memory care resident—from a kitchen helper to those who assist with activities of daily living—also receives structured, regulated training on dementia care. Additionally, we supplement this regularly with our own in-service training.







## Respite Care for Caregivers and Their Loved Ones

American Senior Communities offers short-term respite care service. Caregivers are provided with the peace of mind that their loved ones are being well taken care of in a supportive, comfortable environment while they are able to attend to their own needs or interests.

Respite stays are an option for those who need care for elderly friends or family on a short-term basis. This gives caregivers the ability to travel, start a new job or recuperate from an illness, whether it's for a few days or a few weeks.





*Find the community that's right for you at  
American Senior Communities*

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# Caring People Make The Difference

“Thanks to the loving dedication of my dad’s Memory Care team, not only is he healthy and safe, but he is also at home with them, and he feels connected and comfortable. With their care, communication and involvement, I’m able to enjoy my time with him and I know he is in good hands.”

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

- Garden Homes
- Independent Living Apartments
- Assisted Living Apartments
- Memory Care
- Respite, Short Term Care
- Short Term Rehabilitation
- Outpatient Therapy
- Advanced Pulmonary & Ventilator Care
- Skilled Nursing Care
- Long Term Care
- Hospice Care
- New Energy Wellness

*Services vary by location.  
Please visit [ASCCare.com](https://ascare.com) or  
scan QR code below to learn more.*



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*Where caring people make the difference.*