



OUR TENANTS ARE

Thriving Despite Memory Loss.

Dementia is a disease of the brain that causes the loss of cognitive functioning. This includes thinking, remembering, and reasoning – to such an extent that it interferes with a person’s daily life and activities.

Our philosophy includes creating a care plan that manages all healthcare needs, but also offers reminders while still encouraging independence with daily tasks. This helps tenants feel a sense of purpose and accomplishment.

We are also firm believers that developing interventions to help reduce frustration, anxiety, and fear is far better than managing symptoms with medication.



WHY IS OUR PROGRAM BENEFICIAL?

Our approach consistently engages each tenant in life tasks, socialization, and physical and mental activities that offer the following benefits.

Benefits of a Daily Routine



BRAIN HEALTH

Exercising the mind is thought to delay declines in thinking skills. Simple tasks that engage the brain also assist the tenant in continuing to be able to complete life tasks longer.



SOCIAL BENEFIT

Socializing helps strengthen the brain and increases the ability to manage emotions. Engaging with others also improves our sense of belonging and creates moments of joy.



MUSCLE MEMORY

Activities someone has repetitively done throughout life; work related tasks, caring for children, knitting, or playing an instrument. Continuing these activities can lessen frustration and create purpose and joy.



FEELING USEFUL

Empowerment is the first step in person-centered care. Empowerment recognizes a person's abilities before looking at their limitations. By making their abilities a priority, we encourage their development and use.

Daily Programming



RISE & SHINE

Tenants are encouraged to assist with morning tasks; dressing, hygiene/grooming, bed making. This uses the brain, muscle memory, and helps tenants feel useful.



AFTER BREAKFAST ROUTINE

News/Conversation- Helping tenants keep up with current events.
Morning Exercise- Uses muscle memory and improves balance.
Hydration/Snack- Reduces risk of dehydration or malnutrition.
Rest/ Relaxation- Encourage tenants to put their feet up. Resting periodically throughout the day can help reduce fall risks.



AFTER LUNCH ROUTINE

Mind/ Body/ Sensory- Senses peak as dementia progresses. Keeping a balanced mind and body reduces agitation and fear.
Music/Arts/Exploration- Uses muscle memory and is fun!
Hydration/Snack- Reduces risk of dehydration or malnutrition.
Rest/ Relaxation- Encourage tenants to put their feet up. Resting periodically throughout the day can help reduce fall risks.
Games- Encourage some fun!



AFTER DINNER ROUTINE

After dinner chat, movie, or reading. Staff is to encourage participation in one of these activities. Doing so helps prepare the tenant for bedtime by expending excess energy encouraging restfulness later.



BEDTIME ROUTINE

Tenants are encouraged to assist with evening tasks; changing into sleepwear, brushing/taking out teeth, placing glasses on the nightstand, pulling the bed sheets back.