

A Name to Trust

IN MEMORY CARE

Laurel Ridge is a part of Ascentria Care Alliance, a faith-based non-profit organization that provides a variety of social service residential and community-based programs throughout New England. The Center is under the management of Sheehan Health Group, known for their innovative settings and commitment to the highest standards of care and service. Both Ascentria Care Alliance and Sheehan Health Group are committed to providing the seniors of Jamaica Plain and the surrounding communities with the highest level of care in a quality setting they deserve.

OUR CENTER OFFERS:

- On-site Sheehan Health Group management directly involved in daily operations
- Strong, consistent staffing levels with dedicated, compassionate caregivers
- A tradition of outstanding outcomes and patient satisfaction
- Investment in our Center to offer well-appointed settings and amenities, which reflect the ownership's commitment



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MEMORY CARE FOR A

Better Today

DEDICATED MEMORY CARE UNIT

Memory Care

WITH A MISSION

At Laurel Ridge Rehabilitation & Skilled Care Center we help seniors living with Alzheimer's and other related dementias experience the potential of a new tomorrow and a better today. Our true memory care unit objective is to bring meaning, purpose and pleasure to each resident's day through programs and services specifically designed to help those with memory impairments live well with the dignity and respect they deserve. Our goal is to help families connect with their loved ones through supportive, positive interactions.

Our team strives to deliver the highest quality of therapeutic care every day, with care designed to meet each resident's unique needs. We accomplish this through exceptional staffing ratios, CMS (Centers for Medicare & Medicaid Services) approved *Hand in Hand Dementia Care* staff training, specialized programming, habilitation care approaches, and an environment specifically designed for the unique challenges faced by those living with dementia.

PROGRAMMED FOR *Success*

We are proud to offer a true, dedicated memory care unit with every element carefully chosen for the best interests of our resident population:

- Staff trained specifically in dementia care
- Design elements that create a peaceful soothing environment
- Menu selections that support nutrition and hydration
- Therapeutic activities that involve and connect

You can be confident that your loved one will be treated as an individual with a unique background and perspective.

PERSONALIZED CARE

We strive to know each resident as an individual with the life history behind the person we care for each day. Upon admission, families or designated contacts are asked to provide information to complete an "Introduction to My Life" questionnaire. This provides us with a glimpse into their loved one's past and personality. This knowledge helps shape interactions with staff and caregivers and influences recommended activities and programming to best suit their personality and preferences. In this way, we honor the person they are at heart and help create better todays.



CARE SERVICES

Our memory care unit's services and care are designed specifically for those living with memory loss and cognitive deficits who require a higher level of specialized care. Our 24 hour in-house care team, along with ancillary providers such as geri-psych services and hospice agencies, provides guidance, assistance, and both custodial and skilled care services as needed to maintain dignity and achieve the best possible quality of life.

SPECIALLY TRAINED STAFF

Our specially trained care teams provide compassionate supervision, support and assistance under the direction of our full-time Program Director, Memory Care Unit Manager and Charge Nurse. Not only do our caregivers understand the unique challenges of caring for dementia patients, but our entire staff has completed the CMS approved *Hand in Hand Dementia Care* program for person-centered and habilitation care approaches and interactions. Every staff member your loved one may encounter – from housekeeping and dietary to CNAs and nurses – understands successful strategies for interacting with memory care patients.

THE RIGHT THERAPEUTIC ENVIRONMENT

We've designed our memory care unit to maximize successful days. Recognizing that residents with dementia are particularly sensitive to their environment, we pay careful attention to environmental details, striving for a secure, supportive setting to enhance positive behaviors, avoid harmful stimulation, encourage independence, promote comfort, and maximize safety. Environmental considerations include:

- Color choices and design elements to reduce confusion and assist in navigation
- Non-reflective floors, walls, and ceilings
- Lighting that minimizes glare and shadows
- Limited use of overhead paging systems
- Gently rocking or gliding chairs for reassuring comfort
- Continuous loop hallway for residents to have freedom of movement when walking

- Seating areas to rest and socialize
- Multi-purpose room for dining, family visits, and group and individual activities
- Decorative cues adjusted to cognitive level to assist residents in recognizing their room
- Families encouraged to decorate resident rooms in accordance with personal preference
- Outdoor access available with staff or family support and supervision

MORE THAN JUST MEALS

Our dining program strives for an inviting environment with appropriate cues and minimal distractions to support optimum nutrition and independence. Residents are encouraged to feed themselves and food items are adapted to accommodate loss of cognitive abilities and functioning to promote independence and dignified dining.

Our goal is to encourage appropriate dining and hydration for the best possible nutrition. In addition to three daily meals, residents have access to healthy snacks at any time to suit their appetites. We happily accommodate specialized diets for nutritional needs, functional challenges, and texture sensitivities. Our nutritional program features include:

- Reminders of approaching mealtime for smoother transitions
- Simplified dining, with one item served at a time if necessary
- Verbal cues during mealtime as appropriate
- Soft dinner music to enhance the dining experience
- Dinnerware chosen for color contrast
- Ample time for leisurely dining
- Available finger foods and modified presentation for successful self feeding
- Adaptive equipment such as two-handled mugs and built-up utensils for maximum independence
- Healthy snacks and portable options to support appropriate nutritional intake

ACTIVITIES PROGRAMMING

Memory care residents benefit from a structured day. Our daily routine creates expectations and structure which are easily modified to accommodate resident preferences, abilities, and past history. Activities programming offered seven days a week provides opportunities for resident interaction and connection with a variety of meaningful choices such as:

- Exercise classes
- Music
- Pet therapy
- Social events
- Painting
- Gardening
- Occupational and household related tasks offered when appropriate to maintain abilities and connect with their past life history

Activities are developed based upon the residents' levels of participation, pace, special interest, and backgrounds, with duration and group size varying according to participants' cognitive levels. Participation is always voluntary, and dual and parallel activity programs take place within the unit when space allows.

Activity supplies are available 24 hours a day allowing staff to engage residents according to their personal preferences. Individual therapeutic programming is made available when appropriate for residents who are unable to join in group activities.

FAMILY SUPPORT & SUCCESSFUL VISITS

Providing family members with understanding and support is as important as caring for our residents. We offer traditional support groups, educational sessions and social events so that families can understand what is happening to their loved one and can achieve successful time together. We offer guidance in experiencing meaningful visits and successful separation by providing ongoing support, helpful tips, and assistance for a positive outcome for both the resident and their loved ones. We strongly encourage families to volunteer on our unit as a way to remain involved.

RESPECT FOR DIVERSITY

At Laurel Ridge we strive to be a valuable resource within our community, always respectful of our residents' varied cultural backgrounds and demonstrating sensitivity to lifestyle choices. Our staff includes individuals who speak Spanish, Haitian Creole, French, or Portuguese, and interpreter services are available when needed for residents and their families.

YOUR RESOURCE FOR *Care*

We understand the challenges in selecting a memory care program for a loved one and are happy to offer any assistance or reassurance we can. If you have any questions regarding our dedicated memory care unit or would like to schedule a tour, please call 617-522-1550.

WE'RE HERE WHEN YOU NEED US

Laurel Ridge Rehabilitation & Skilled Care Center is proud to offer short-term rehabilitation, traditional long-term support, specialized care, and dedicated memory care. Our mission is to achieve and maintain the highest possible level of functioning for each of our long-term residents and to provide a bridge between in-patient care and home for our short-term residents.

Laurel Ridge is conveniently located in the historic neighborhood of Jamaica Plain just minutes away from downtown Boston and proudly serves the Mission Hill, Dorchester, Mattapan, Roxbury, West Roxbury, Roslindale, and Brookline communities and beyond. We accept Medicare, Medicaid, Veteran Contracts, Managed Care Insurances and Private Payment.

OUR CARE CENTER FEATURES INCLUDE:

- Center renovations and upgrades under way to meet our industry-leading standards
- Spacious, renovated patient rooms with cable televisions, telephones and wireless Internet service with access to laptop computers while in residence
- Central air conditioning
- Designated, spacious rehabilitation gym with kitchenette and modality machines
- Beauty salon/barber services
- Visitor parking

WE ARE ALSO PROUD TO OFFER SHORT-TERM SKILLED REHABILITATION AND TRADITIONAL LONG-TERM CARE ACCOMMODATIONS.