

A Name to Trust
IN MEMORY CARE



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MEMORY CARE FOR A

Better Today

DEDICATED MEMORY CARE UNIT

Memory Care

WITH A MISSION

PROGRAMMED FOR *Success*

*A*t Lutheran 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.

*W*e 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

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 may be asked to provide information about 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 today's.



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 and Memory Care Unit Manager. Not only do our caregivers understand the unique challenges of caring for residents, but our entire staff has completed the CMS approved *Hand in Hand Dementia Care* program for person-centered and habilitation care approaches and interactions.

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
- Limited use of overhead paging systems
- Spacious hallways for residents to have freedom of movement when walking
- Multi-purpose room for dining, family visits, and group and individual activities
- Memory boxes to assist residents in recognizing their room; families encouraged to decorate resident rooms
- Outdoor courtyard 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. 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
- 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

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 groups
- Music
- Pet therapy
- Social events
- Painting
- Table games
- 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.

ACTIVITIES PROGRAMMING (CONTINUED)

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. We strongly encourage families to volunteer on our unit as a way to remain involved.

NAMASTE CARE PROGRAM

Namaste Care strives to turn selected activities of daily living into meaningful moments in a calm and serene environment. Through "the power of loving touch" and appealing to the various senses, Namaste Care engages and cares for residents in a nurturing setting. Our Namaste Care room features a soothing environment, free of distractions and enhanced with soft music, nature videos and use of soothing scents. This peaceful, inviting room is open for several hours each day and is staffed by a designated and trained Namaste Caregiver. From hygiene and grooming activities while sitting in relaxing recliners with blankets to simply holding stuffed animals, the program's activities focus on function and the familiar.

This special program has been shown to offer positive benefits for individuals at various stages in their disease processes when indicated.

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 508-754-8877.

WE'RE HERE WHEN YOU NEED US

Lutheran Rehabilitation & Skilled Care Center is proud to offer short-term rehabilitation, traditional long-term care, specialized memory care plus premier senior living accommodation of The Lillie Mansion. At Lutheran, we recognize that the difference is in the details and we invest as much time and energy in our setting as we do in the care we provide.

Our mission is to provide a bridge between inpatient care and home for our short-term residents and to achieve and maintain the highest possible level of functioning for each of our long-term residents.

Lutheran is conveniently located in the heart of Worcester just minutes away from area hospitals and highway access. We accept Medicare, Medicaid, Veteran Contracts, managed care insurances and private payment.

OUR CARE CENTER FEATURES INCLUDE:

- Designated, renovated **Center for Short-term Rehabilitation** with an expanded, renovated fully-equipped Rehab Therapy Gym with model apartment
- Traditional long-term care accommodations
- **Outpatient Rehabilitation Center at Lutheran** - offering outpatient rehab services to the local community
- **The Lillie Mansion at Lutheran**, a premier 43-bed residential care home setting for older adults who wish to maintain an independent lifestyle while receiving personal support services in a fully restored, renovated mansion setting
- **Resident Service Liaison** providing daily customer service check-ins and concierge services