

4 Innovative Approaches to Memory Care





STANLEY Healthcare
is a proud sponsor of the
Alzheimer's Association®

With the continued growth in the number of seniors living with memory impairment, the need for innovation in memory care will be increasingly important. As a leader in technology to help protect senior living residents at risk of wandering, STANLEY Healthcare is privileged to partner with many innovative organizations that are constantly developing new ideas to serve this population. Our role is to assist and serve our partners in their technology strategy to support and grow these ideas.

This eBook highlights four groundbreaking approaches to memory care that we hope will serve as a model for the industry. Each relies on an individualized approach for each resident and encourages continuous movement and ongoing participation in activities. These are also the guiding principles of our solutions, and we are pleased to support these memory care providers in such innovative programs that not only help them ensure safety for their residents, but also work to maximize their quality of life.

To underscore our commitment, STANLEY Healthcare is proud to join the fight against Alzheimer's disease by donating a portion of the sales of our WanderGuard® BLUE wander management solution to support the Alzheimer's Association®. For every WanderGuard BLUE sale through June 30, 2018, \$250 will be donated to the Alzheimer's Association up to a maximum of \$50,000.

We invite senior living providers nationwide to join us in supporting this important cause.

Greg Borecki
VP, Senior Living and Fall Management
STANLEY Healthcare



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Today, more than
5 million Americans
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By 2050, that
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Introduction

Memory care is not what it used to be. With a wealth of knowledge and research available today about memory care therapies that improve the wellbeing and quality of life of those suffering from Alzheimer's disease, dementia and other forms of memory impairment, senior living providers are taking some very innovative approaches.

Today, more than 5 million people are living with Alzheimer's disease in the U.S., according to the Alzheimer's Association. It is estimated that by 2050, that number could rise as high as 16 million. Research published by the National Institutes of Health¹ shows an association between loneliness and cognitive decline and there have been numerous studies linking isolation with Alzheimer's disease.

Today's providers of memory care and support are implementing care methods – from intergenerational programming to therapies that are based on engaging with the outdoors – to combat isolation and improve quality of life. Much of this innovation is made possible through technology that ensures safety for residents and reduces risk for those providing their care.

This eBook will explore some of the innovative approaches memory care providers are taking to improve the experience and outcomes for today's memory care residents.

¹ Caccioppo, J and Hawkey, L. Perceived Social Isolation and Cognition; 2010.
The National Institutes of Health.



The word “**Portraits**” stemmed from the idea of a portrait that sparks a memory of moment in time.

The Montessori Approach

At Omaha, Nebraska-based Heritage Communities, an operator of 12 senior living communities including nine that offer memory support programs, leadership decided in 2013 it was time to do something different for its memory support residents. For inspiration, the organization looked not to older adult programs, but to youth education.

One of the company’s owners, Farhan Kahn, read about a concept where the Montessori practice—most commonly used as an educational approach for elementary school children—was being used with seniors. From this research, Heritage’s Portraits Program was born.

“We didn’t want schedules, we wanted this to be a way of life,” says Amy Birkel, vice president of Heritage Communities. “We were thinking about the Montessori principles: fostering independence, giving a sense of purpose.”

Through the Portraits Program, Heritage staff and residents work constantly to foster those principles.

“Everything we do should be with the purpose of how residents can be purposely involved, and how we can invite them. We demonstrate more and talk less, and focus on what they can do,” Birkel says.

Residents are encouraged to help prepare meals, set the dining tables, make beds, and pursue their

interests, whether that means art, music, cooking and more.

The word “Portraits” stemmed from the idea of a portrait that sparks a memory of moment in time. The Portraits program has been so successful that Heritage Communities has rolled out a similar program in some of its assisted living settings. Participants have experienced enhanced time and contact with loved ones and fewer negative experiences and behaviors. The program has led to less stress among caregivers, as well.

Going Green

With a foundation in research that shows better health results relating to outdoor activities, assisted living and memory care provider Senior Star has created its programs around an “al fresco” approach.

With outdoor activities promoting benefits such as Vitamin D absorption, higher concentration levels, more rapid healing results, and more, according to a 2010 Harvard Health publication, Senior Star decided to shape its memory care accordingly.

“As operators of senior living since 1991, we’ve long recognized the importance of incorporating outdoor activities and the positive impact this has on wellness and well-being for our residents,” says Letitia Jackson, vice president of corporate engagement for the Tulsa, Oklahoma-based provider. “This translated easily to our memory care programming.”

Current community designs incorporate aviaries, aquariums, indoor gardens, and sunrooms, as well as an enhanced focus on courtyards and landscaping. Programming now includes walking clubs, fishing, outdoor concerts, fruit harvesting, local farm visits, gardening programs, lawn games, and more. Much of the outdoor activity takes cues from the seasons, from

arboretum visits in the fall to botanical garden visits in the spring, and even outdoor walks during the winter months.

In 2014, Senior Star opened a memory care community with a “Memory Care Backyard,” where the provider’s Destination Programming®, Destination Stations® and Purposeful Moments® take place.

Destination Stations® replicate typical resident lifestyle activities in a secured environment, such as hanging laundry, enjoying a cookout, gardening, waiting at a bus stop—even working on an antique car.

“Not only does the car evoke fond memories, but our male residents, in particular, enjoy spending time washing the car,” Jackson says.

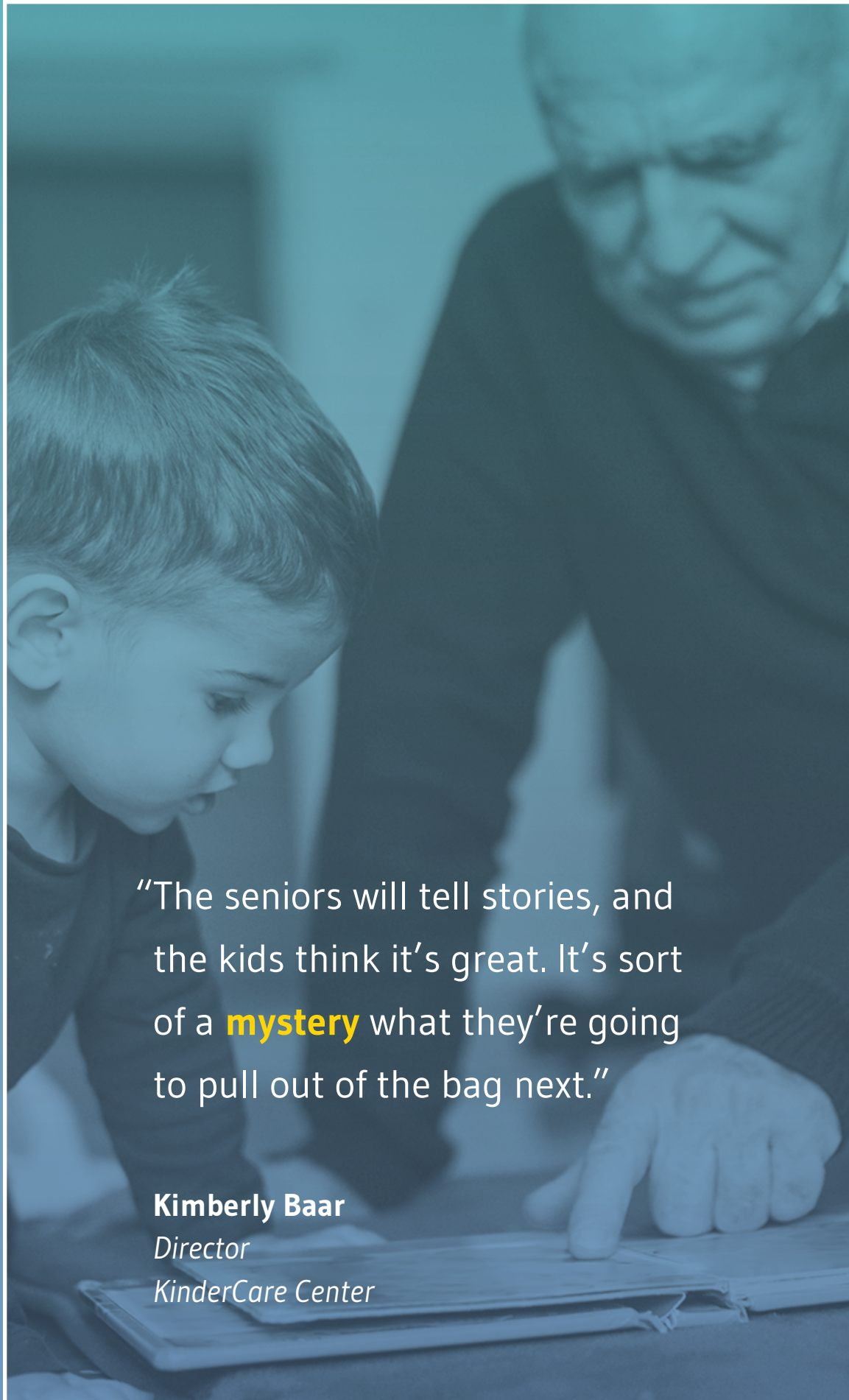
While residents may be accompanied throughout the outdoor activities, the benefits are considerable.

“For some, it may have been thought that residents seeing and being able to get outdoors might trigger elopement attempts,” Jackson says. “However, as the demand for memory care grew and memory care practices evolved the value of interaction with nature was clear.”

Destination Stations® replicate typical resident lifestyle activities in a secured environment, such as hanging laundry, enjoying a cookout, gardening, waiting at a bus stop—even working on an antique car.



*Memory Care Backyard
Photo courtesy of: Senior Star*



“The seniors will tell stories, and the kids think it’s great. It’s sort of a **mystery** what they’re going to pull out of the bag next.”

Kimberly Baar
Director
KinderCare Center

Intergenerational Innovation

Taking cues from youth education is one innovative approach to memory care today. Yet another is incorporating youth directly into memory care for an intergenerational approach.

Such is the basis for a partnership between Brentwood, Tennessee-based Brookdale Senior Living and Portland Oregon-based KinderCare Learning Centers, a day care and early childhood education company with more than 1,400 locations nationwide.

Through the partnership, established in 2016, a North Oaks, Minnesota Brookdale community and local KinderCare Learning Center have structured monthly visits with school aged children and senior residents of the Brookdale community.

Together, the children, ages 5-11, and residents collaborate on activities such as a community craft project, or story time.

“This program teaches children skills and ideas we can’t teach inside the four walls of our school,” says Kimberly Baar, director of the Shoreview, Minnesota KinderCare center, who is largely credited with creating the partnership. “We can talk to children about respect and generosity, but there’s nothing like putting those ideas into practice by visiting someone in their home. No book can teach that. My hope is that this program teaches children compassion and understanding for the elderly.”

Likewise, Brookdale memory care residents have much to gain from an intergenerational approach. One activity of the program is centered around “memory bags” that are filled with items from the residents’ pasts. They might include items like hair rollers, baby diaper pins, or shaving brushes. Children pull items out of the “memory bag” for the residents to talk about.

“The seniors will tell stories, and the kids think it’s great,” Baar tells Senior Housing News in a recent interview. “It’s sort of a mystery what they’re going to pull out of the bag next.”

Adding to the program, KinderCare and Brookdale also have arranged for Alzheimer’s Association representatives to visit KinderCare locations in an effort to teach children about dementia.

“Intergenerational programs like these benefit both groups,” says Beth Landers, business development director with Brookdale Senior Living. “Children not only gain an appreciation for older people, but a self-esteem boost from being able to assist others. Seniors, in turn, are able to form connections with people outside of their immediate family and caregivers, thus lessening the isolation that often accompanies old age.”



Oak Cottage Santa Barbara Memory Care
Photo courtesy of: Hochhauser Blatter Architecture and Planning

Mini- Neighborhoods and Memory Care Design

While programming can be paramount for senior housing residents who are suffering from memory impairment, the design of living spaces for those residents is equally as important, and architects and designers are working carefully on new models for memory care communities.

One such model is the “neighborhood” approach.

In this approach, communities are designed to include mini neighborhoods, housing 8-14 apartments centered around a common core that includes a great room and communal kitchen. Visual cues defining the kitchen, living room and other spaces are clear and unobstructed for residents to freely engage with their surroundings in a more intimate space than memory care designs of the past allowed.

“The model operates much as a home would, but allows for behind-the-scenes medical and operative

needs to be met,” says Julie Guajardo McGeever, development manager for Hochhauser Blatter Architecture and Planning (HBA) and developer/operator with Heritage House Assisted Living Community. “Tucked behind closed doors we have room for secured med-carts, food and linen storage, and nurses’ stations.”

Staffing is generally defined for each neighborhood so residents see the same faces each day, leading to a firm routine.

Among other elements being incorporated into innovative memory care design are spa bathing rooms, sensory rooms attuned with music, lighting and aromatherapy; separate entrances to private living areas with a shared bathing room in between; social areas that accommodate and are attractive to both residents and their families; interactive activity and social areas; and niche, library or small

sanctuary areas that can be decorated and remade to reflect a number of cultural traditions throughout the year.

Design elements are also being implemented from the ground up to accommodate systems that secure communities for resident safety, and to allow residents to wander without danger of elopement.

In California, for instance, Title 22 requires communities housing memory care residents to have a secure perimeter. A design principle is ensuring that barrier is as invisible as possible.

“Our first goal is to entertain residents enough that they are distracted from thoughts of elopement,” McGeever says. “If that fails, we want our staff to be able to respond to eloping residents in a way that is respectful and discreet, and not disruptive to the remainder of our residents.”

Memory Care and Technology

While there are many innovative approaches to memory care today, there are also considerations for operators when it comes to how best to apply those approaches. Operators need to consider the safety and security of both residents and staff. Many of the approaches require an integrated technology solution that will allow residents the freedom and flexibility to engage with others, interact with the outdoors and freely explore the surrounding environment with all senses.

Many providers today are building memory care with infrastructure in place to support technology that is discreet, versatile and meets the needs of both residents and staff. Others are adapting their communities to accomplish the same goals. Once care providers can ensure residents are safe and secure, they can focus on the important approaches under way to provide the best quality of life for those receiving memory care support and services.

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DIFFERENCE
TOGETHER**

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Healthcare

alzheimer's
association

Partnering for Improved Memory Care

STANLEY Healthcare has partnered with thousands of senior living organizations to help them realize a safe environment for memory care residents. Improving the quality of life for individuals living with dementia or memory impairment drives both our technology innovation and our involvement in the industry. That's why STANLEY Healthcare is proud to join the fight against Alzheimer's disease by donating a portion of the sales of our WanderGuard BLUE solution to care, support and research efforts of the Alzheimer's Association®. To learn more about how STANLEY Healthcare can help you realize your memory care goals, please contact us.

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