



A PERSON-CENTERED MEMORY CARE PROGRAM

Adapting to Each Resident's Needs

 **Reflections**
Memory Care

Reflections

Memory Care

When a loved one is diagnosed with Alzheimer's disease or a related dementia, family members often become full-time caregivers over time. When the demands of providing 24-hour care at home become overwhelming, other options for care may need to be considered. To help families meet these specialized care needs, we have created the Reflections Memory Care program to meet their loved ones individual needs.



Reflections Memory Care is Built Upon Five Major Goals to Meet Individual Resident Needs:

- “To encourage self-determination, dignity and preservation of life skills for every memory impaired resident”
- “To identify and meet the needs of residents at various stages of the disease process”
- “To provide an environment that will minimize health risks and promote the safety and well-being of our residents”
- “To create a family atmosphere where the residents can engage in meaningful activities”
- “To train our staff to focus on the mental, spiritual, physical and social needs of our residents”

LIFE HISTORIES

creating a personal approach for each resident

**Reflections begins with a family consultation
to help us learn all we can about your loved one.**

We designed our Reflections Memory Care program around the belief that everyone has the right and the capacity to live and love while discovering enjoyment in each day – regardless of any abilities that may have been lost to dementia.

We use the life history of each resident to develop a personalized plan for each resident. This plan helps us address the personal care needs, social activities and life skills experiences best suited to create a quality day for each resident. These will often include a balance of one on one along with group activities, all of which are designed to promote independence, dignity, social interaction and creating moments of joy every day.



*“To encourage self determination, dignity and preservation of life skills
for every memory impaired resident”*

Reflections Memory Care focuses on:

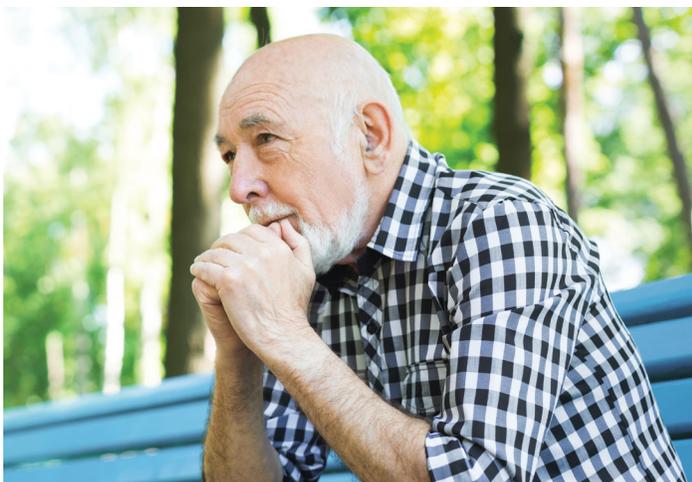
LIFE HISTORY • INTERESTS • PREFERENCES • SPECIFIC CARE NEEDS

PERSONALIZED CARE

making residents and families feel special

Our Reflections program adapts to every resident's individual needs. We provide our residents and their families hope, personalized care & peace of mind.

The extensive and comprehensive Reflections training is the foundation of our program, and we train our staff to “understand” the person they are caring for. We need to know their culture and history, their passions and individual challenges in order to have a positive impact as a caregiver. The life interests of all residents vary, but are the keys to unlocking their success as they journey through the days to come.



We build this training into our staff and they take into account the resident's individuality as they deliver the Reflections program each and every day. We are together with the family in the efforts to make the “Rest of their Years, to be the Best of their Years”.

In Reflections, caregivers are more concerned with the resident than a task list.

This doesn't mean that tasks are not important. We believe that every resident in our care deserve the very best. We also believe that growing older does not mean you have to sacrifice choice in everyday life.

At Reflections, we do not believe that needs and choices are mutually exclusive. Residents enjoy the ability to communicate to staff about their wants and desires.



“To train our staff to identify and focus on the mental, spiritual physical and social needs of our residents at various stages of the disease process”

Reflections Memory Care focuses on:

LIFE HISTORY • INTERESTS • PREFERENCES • SPECIFIC CARE NEEDS

COMFORT & SAFETY

providing a secure, engaging, family-like setting

Reflections provides our residents with a safe and secure environment where they can enjoy every day with encouragement and support.



The Reflections living area is a comfortable and secure environment with an open floor plan. As a result, residents have freedom of choice, movement and interaction within a home-like environment. The Reflections courtyard is also secure and easily accessible to residents as they wish to spend time outdoors, walking, gardening or just enjoying a breath of fresh air.

“To provide an environment that will minimize health risks and promote the safety and well-being of our residents”

Reflections Memory Care focuses on:

LIFE HISTORY • INTERESTS • PREFERENCES • SPECIFIC CARE NEEDS

Reflections provides our residents with the opportunity to connect through music and art. Families can be assured to see what their loved one wants to say through music and art.

Music is a near-universal language. Our Reflections Harmony program includes both, individual and group approaches to the enjoyment and benefits of music. The program is offered to promote wellness, manage stress, refocus pain, enhance memory and provide unique opportunities for communication and interaction. And it's fun too!



The Art of Reflections program puts a paintbrush in the hands of residents who can express themselves in non-verbal terms. Through the creativity that is unlocked and presented through colors and patterns, residents speak to us with incredible beauty and grace – proving that a picture is indeed worth a thousand words.

“To provide a family atmosphere where the residents can engage in meaningful activities”



Reflections
Memory Care

