

Elements of a Memory Care Program

Touchmark's Memory Care neighborhoods and programming include several distinctive features specifically designed to benefit people living with age-related dementia.

24-hour dining

Altered patterns of sleeping and waking are common, so we adapt to residents' schedules and keep our neighborhood kitchen available 24 hours a day. When people are hungry, they can eat breakfast, lunch, dinner, or snacks.

Fred gets breakfast at 1 am, since that's when he's up, dressed, and ready to go. Muriel has her leisurely dinner served at 9 am. And Gus wants lunch at six, every evening.

Feel-good cards

Our care partners are trained in the Best Friends™ approach. They know each resident very well and are skilled in handling moods and behaviors. One tool that helps is the feel-good cards they create for each resident, which notes a resident's preferences. The cards help care partners provide individualized care.

Clara's feel-good card reads, "Wants Earl Grey tea for breakfast every day." Frank's card shares that he likes to sing hymns.

Life stories

In order to relate to each resident as much as possible, we collect detailed accounts from each family and build a complete life story for each person. After all, a friend knows best how to help a friend have a better day!

When Maynard mentions "Blue", we know he is thinking about an old truck, and that it's a good thing. If Shirley speaks of "that Margaret," we know she's feeling angry, and we know why. And what's even better: We know how to reconnect her with more positive memories that bring smiles.

Bio boards

Familiar bio boards are displayed at the entrance to each residence, helping the person who lives there know that he or she has found his/her home. The boards also help families, team members, volunteers, and guests create connections with residents.

(over)

Bio boards include a brief history as well as information about what the resident enjoys doing now. There is also a photo, which the resident has chosen from two to three options. The photo selected fastest is the one that is used.

Scrapbooks

Photos and memorabilia can help people recall their past and are a wonderful way to reminisce and help friends and family members reconnect. Sometimes looking through a scrapbook is a satisfying activity all its own. Other times, a scrapbook can divert a person's attention from whatever's causing discomfort and create a comforting place to remember, relive, and feel good.

Mary loves to peruse the photos of the old farm. Roy takes comfort from his wedding announcement and the birth announcements of his children. Terry reads and rereads a collection of news clippings from the '50s—stories from his hometown, with names of people he still recalls.

Memory boxes

Each memory box holds a variety of personal effects that tell unique stories about someone's life. These can include photos, small mementos, sensory items (such as perfume/cologne or some chocolate that care partners can share with residents when reminiscing and going through the box), newspaper articles, etc.

Lee's box includes a small, red, die-cast fire engine that reminds her of childhood; a Chinese Bible that brings back memories of her mother, grandmother, and great-grandmother; and a handcrafted teapot passed down through four generations.

Growing together

Growing flowers and vegetables provide deep pleasure, and natural light and fresh air are mood enhancers. Visits from pets create positive experiences and recollections. Intergenerational activities nurture relationships with children, teens, and young adults.

Interacting with the group of fourth-graders turns George's day around—for the better. Sitting with Leo, the Maine Coon cat, on her lap brings back happy memories for Joyce. Planting and tending a garden give Dorothy, Edna, and Earl a daily dose of relaxation and keen sense of feeling useful and productive.

Get-up-and-go items

Staying busy gives people a sense of order and productivity, which is why we offer residents an assortment of tasks based on their interests. Meaningful tasks can transform a dull day into a very good one.

A former high school principal, Emmet organizes office and art supplies. Karen, a former attorney, busies herself sorting and stacking papers. Renee makes routine feather-duster checks of all the bio boards.

(over)

Guided, structured exercises

Balance, mobility, and independence grow more challenging as dementia diseases progress but the progression can be offset to some degree by Touchmark's award-winning guided, structured exercises. Daily sessions are designed to adapt to individual needs.

Prone to falls, Sara began exercising shortly after she moved in. Soon, she began to improve physically. She gained strength and stamina and could do more for herself. Her demeanor also changed. As her confidence grew, she began to participate in more activities.

Destination trips

Trips are a treat, offering fun, enriching experiences. They give people something to look forward to and talk about, and families are always welcome and encouraged to join the group. Because clarity helps people feel better, we always take care to communicate where we're going, when, and how.

We asked Ed, Cindy, and Mardella, "Would you like to come along on a trip to the zoo?"

Family education

Caring for people with age-related dementia includes building strong relationships with their friends and family. Our support groups and seminars provide consultation and conversation and keep families and friends informed. We can offer suggestions for having a good visit with your loved one and explain the effects of age-related dementia. We also keep in touch about how residents are doing.

Just wanted you to know that your mother got up early today and came to breakfast at 8 o'clock. We think it was the smell of the fresh bread we were baking, but whatever it was, we were so glad to see her smiling face first thing this morning.



best friends™ is a trademark of Health Professions Press, Inc.

TOUCHMARK

5150 SW Griffith Drive • Beaverton, OR 97005
503-646-5186 • Touchmark.com



The {FULL} Life™ ~ surprisingly affordable

1510841 © 2015 Touchmark, LLC, all rights reserved

