

# Memory Care: Programs and Models in Retirement Community Settings

Tuesday, April 9, 2013

Together  
*We Care*

Snyder  
Architects



# Panel Members

Co-Moderator

***Dr. Tiffany Chow***

Senior Scientist,  
Rotman Research  
Institute at Baycrest

Co-Moderator

***Jennifer Carson***

Director of Program  
Development and  
Education, Schlegel  
Villages

***Sue Farrow***

Owner and CEO,  
Integral Senior Living

***Christy Parsons***

Recreation and  
Community  
Partnerships  
Consultant, Schlegel  
Villages

***Rita Altman***

RN, MSN, VP  
Memory Care and  
Programming,  
Sunrise Senior Living

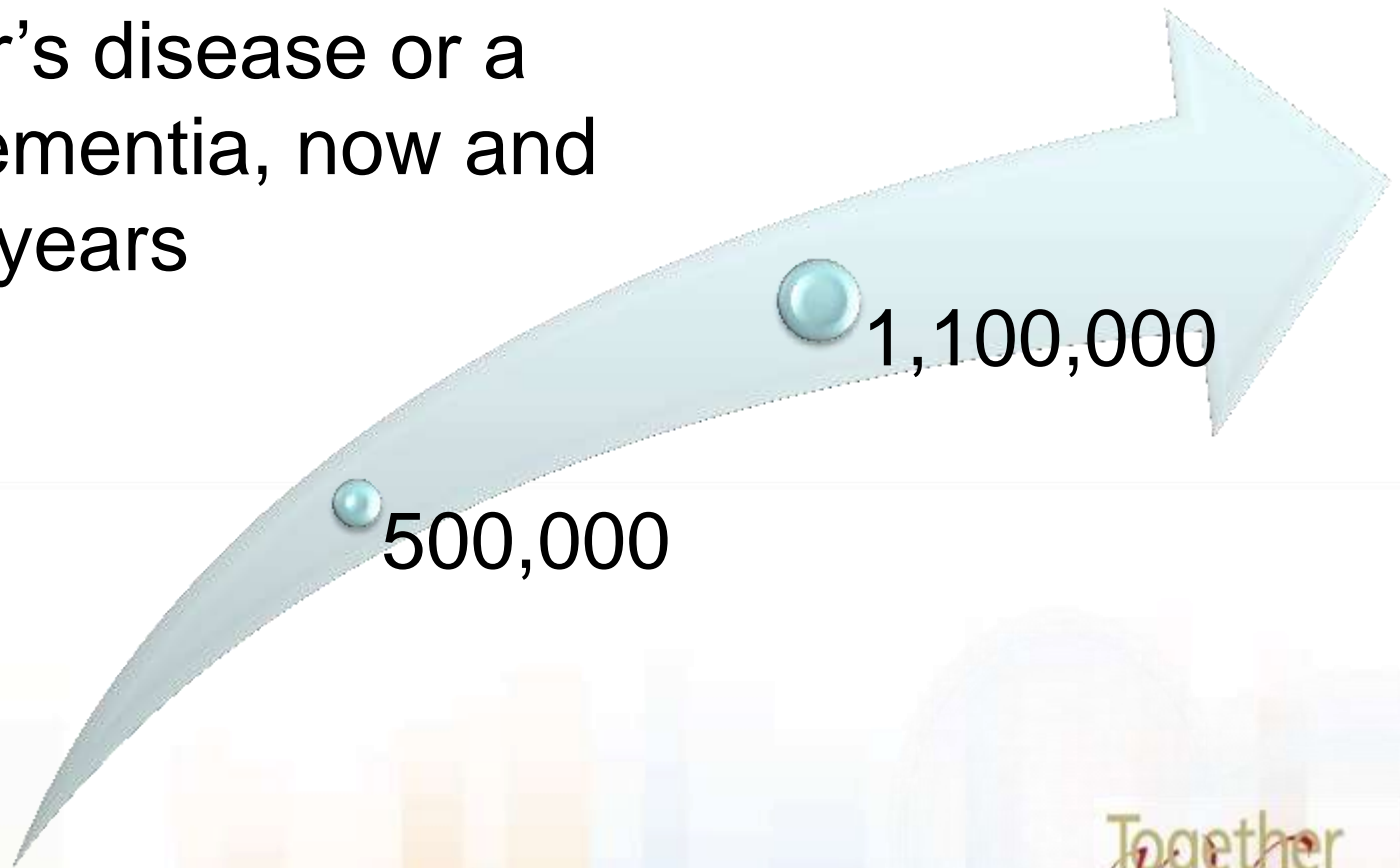
Together  
We Care

# Session Overview

- Rising need for care and services related to dementia
  - Proliferation of programs and models
- Brief descriptions of programs/models
  - The Sunrise Memory Care Model (Rita Altman)
  - Transitions Program (Sue Farrow)
  - LIVING in My Today (Jennifer Carson and Christy Parsons)
- Dr. Tiffany Chow moderates Q&A with panel
- Audience Q&A with panel

# Rising Need for Care and Services

Number of Canadians with Alzheimer's disease or a related dementia, now and within 30 years



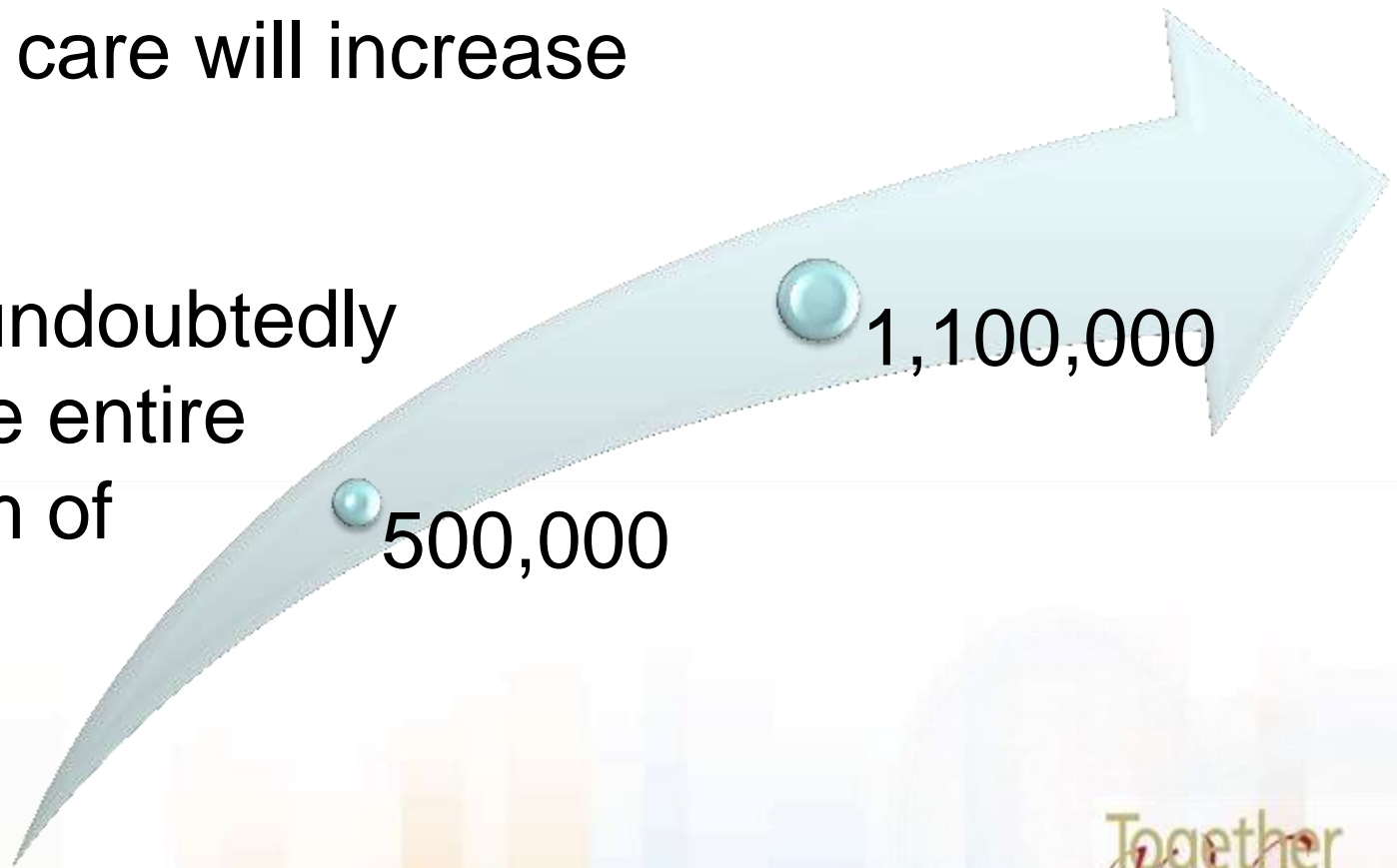
(Alzheimer Society, 2010)

Together  
We Care

# Rising Need for Care and Services

“By 2038, the demand for long-term care will increase 10 fold.”

This will undoubtedly impact the entire continuum of care and services.

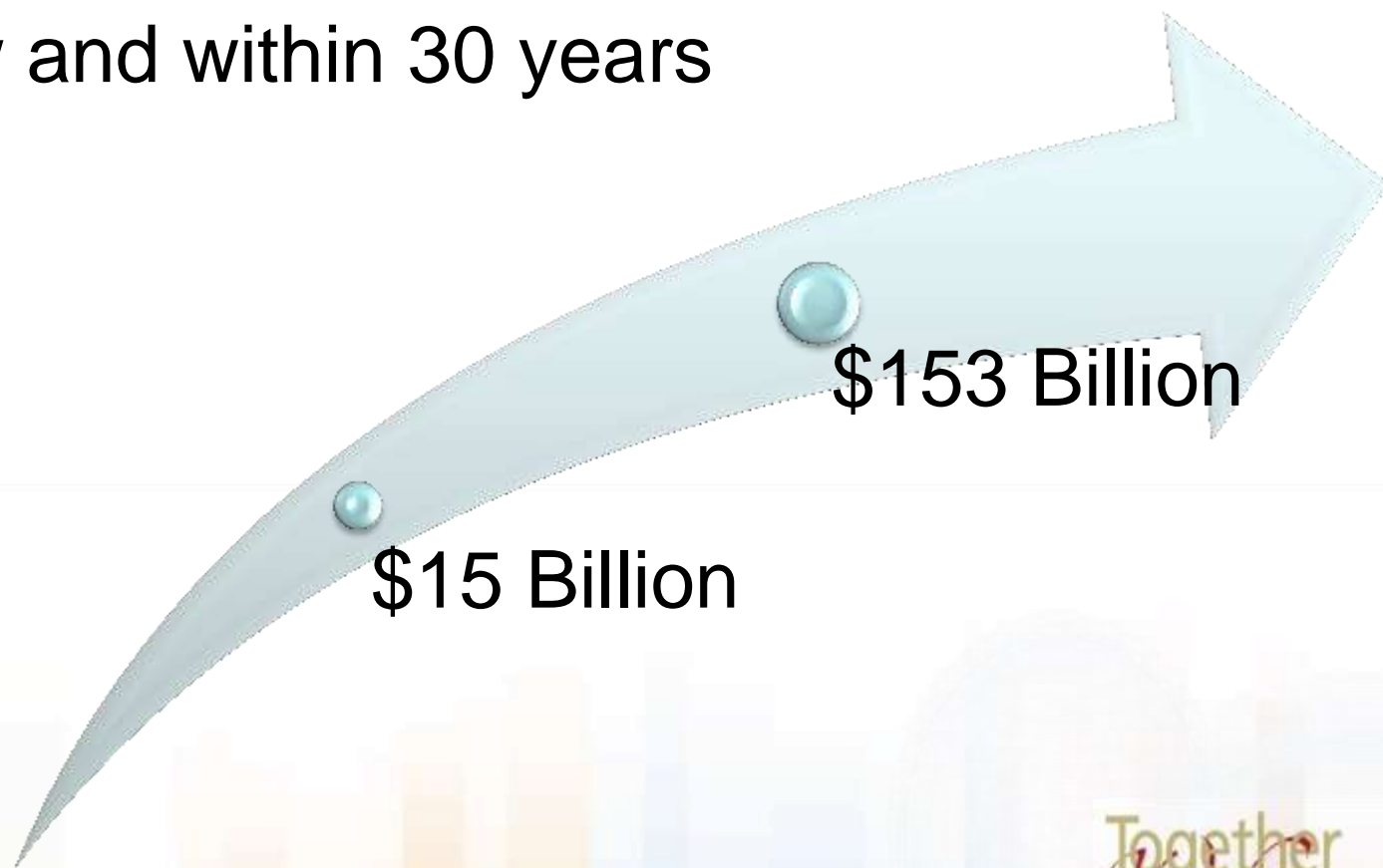


(Alzheimer Society, 2010)

Together  
We Care

# Rising Need for Care and Services

Costs to Canadians for dementia care, now and within 30 years



(Alzheimer Society, 2010)

Together  
We Care

# Rising Need for Care and Services

## Recommendations:

- Increase the investment in dementia research
- Provide support for family caregivers
- Emphasize prevention and early intervention
- Build an integrated system of care
- Strengthen and supplement Canada's dementia workforce

(Alzheimer Society, 2010)

Together  
We Care

# 'Memory Care' Programs and Models in Retirement Communities

- 'Memory care' philosophies
- Education and training programs
- Residential models
- Specific programs (e.g., health promotion, disease prevention, recreation-based, etc.)



# Sunrise Senior Living (US)

Together  
*We Care*

Rita Altman

Snyder  
Architects





# The Sunrise Memory Care Model

## Reminiscence, Edna's Place, Terrace Club, Terrace Club Day Program





# Memory Care Programs at Sunrise

## **Reminiscence**

- ❖ **Memory care provided in a secure, home-like environment**
- ❖ **Delivered by team members who are specially trained to meet the unique needs of residents experiencing memory loss**

## **Edna's Place**

- ❖ **Geared to residents who need a higher level of care in a smaller environment**
- ❖ **Provides a high-touch approach to care in a small, intimate setting**



## At Sunrise

- **We believe that every life has meaning at all times**
- **We join our resident's journey, sharing hope**
- **Our Principles of Service guide our actions**
- **We involve and provide support to family and friends**
- **We Validate our residents**
- **We value a non-pharmaceutical approach**



# Alzheimer's Association Best Practices

Alzheimer's Association's Dementia Care Practice Recommendations (US, Canada & UK)	Sunrise Best Practice
Consistency in individualised person centred care	Designated Care Managers
Know the person, their background, unique traits, likes, dislikes, needs, and abilities	Resident Profile, Individualized Service Plan Life enrichment
Know and anticipate what might create stressful situations that could cause responsive behaviours//communication challenges	We ask these questions in the assessment Specialized

Alzheimer's Association. 2007. Dementia Care Practice Recommendations  
 Kitwood, T 1997 *Dementia reconsidered, the person comes first*



# Life Enrichment & Meaning and Purpose for All







# “There is still a person inside.”



Validation: Communicating with Empathy

Journey of Discovery

<http://www.sunriseseniorliving.com/journeyofdiscovery/>



## Terrace Club

### Terrace Club Neighborhood

- ❖ **A purpose built assisted living neighborhood designed for seniors with early-stage memory loss who need more structure during the day**
- ❖ **Can manage most ADLs independently or with some cueing**





## Terrace Club Day Program

### Terrace Club Day Program

- ❖ **A program that utilizes the entire Assisted Living neighborhood, but has a designated *Club Hub***
- ❖ **Programming takes place from 9-3 Monday-Friday and 1-5 on weekends**



# Key Elements of Terrace Club and Terrace Club Day



Thank you



Rita Altman, Sunrise  
Senior Living (US)

---



# Integral Senior Living

Sue Farrow



# Transitions Program

## The Science Behind Holistic Recreational Programming

<b>M</b>	<b>Mental</b>	<b>Keith L. Black, M.D., chair of neurosurgery at Cedars-Sinai Medical Center in Los Angeles.</b>	<b>Learning spurs the growth of new brain cells. When you challenge the brain, you increase the number of brain cells and the number of connections between those cells.</b>
<b>P</b>	<b>Physical</b>	<b>Art Kramer, professor of psychology and neuroscience at the University of Illinois.</b>	<b>Working out helps your hippocampus, the region of the brain involved in memory formation. As you age, your hippocampus shrinks, leading to memory loss. Exercise can reverse this process, research suggests.</b>



# Transitions Program

## The Science Behind Holistic Recreational Programming

<b>CE</b>	<b>Creative Expression</b>	<b>University of Sussex researchers Dr. Jennifer Rusted and Linda Sheppard in collaboration with Professor Diane Waller (University of London)</b>	<b>They were able to show by running social groups parallel to art therapy sessions, that, whilst participation in either was beneficial for a person living with dementia, the art therapy sessions again improved a person's mood and cognition more than just social activities.</b>
<b>S</b>	<b>Social</b>	<b>Laura Fratiglioni, M.D., director of the institute's Aging Research Center from Sweden's Karolinska Institute shows.</b>	<b>Having multiple social networks helps lower dementia risk, a 15-year study of older people found that a rich social life may protect against dementia by providing emotional and mental stimulation.</b>

# Transitions Program

## The Science Behind Holistic Recreational Programming

<b>SW</b>	<b>Spiritual Wellness</b>	<b>Joshua Grant, a scientist at the University of Montreal</b>	<b>As we age, we see a natural drop in that thickness in the layer of gray matter in the anterior cingulated cortex. But repeated experiments suggest that spiritualization or Zen preserves or even builds up the density of neurons in various regions, and that those who meditate may actually be keeping their brains younger and healthier.</b>
-----------	-------------------------------	--	---

# Transitions Activity Calendar

## Typical Day

- 10am – Dancing with Divas \*P
- 10:45am – Readings on Love \*CE
- 11am – Music with Shirley \*S
- 1:30pm – Word Challenge \*M
- 2pm – Food Forum w/Chef \*CE
- 3pm – Crafters Cove \*CE
- 5:30pm – Bible Study \*SW



# Proforma Budget

		Oct	Nov
Budgeted Residents		12	11
Resident Days		372	330
<u>Monthly Revenues:</u>			
Care Fees @ \$660/Res/mo (\$11/point)	660	\$7,920.00	\$7,260.00
<u>Transitions Program</u>			
Salaries - Regular		\$3,720.00	\$3,600.00
Vacation/Sick/Holiday		\$223.20	\$216.00
Overtime		\$74.40	\$72.00
Employee Burden		\$1,060.20	\$1,026.00
Supplies / Replacements		\$186.00	\$180.00
Total Transitions Expenses		\$5,263.80	\$5,094.00
Management Fee		\$396.00	\$363.00
Total Operating Expenses		\$5,659.80	\$5,457.00
Total Operating Expenses %		71.46%	75.17%
NOI		\$2,260.20	\$1,803.00
NOI Percentage		28.54%	24.83%

Thank you



Sue Farrow, Integral  
Senior Living

---





## Living Well with Memory Loss at Schlegel Villages

**Jennifer Carson**

Director of Program Development  
and Education

**Christy Parsons**

Recreation and Community Partnerships  
Consultant



*Commitment to Innovation and Collaboration*

2012 – Advisory team to develop a new ‘memory care’ philosophy, curriculum and training program

- Residents, family members, team members, volunteers, and community partners
- Envisioned and described ‘a more ideal future’
- Identified values, understandings and practices to help us achieve this vision





L **Learning** about the experience of living with dementia

I **Improving** personal well-being

V **Validating** and honouring each person in the moment

I **Interpreting** personal expressions, actions and reactions

N **Nurturing** all relationships

G **Greeting** each day as an opportunity for meaning, purpose and growth



## Comprehensive Program for Team Members, Family Members, and Residents

- 6.5-hour general orientation module (team members only)
- Six 3-hour, in-depth modules
- Interactive modules using principles and practices of dialogue education
- Multi-media resources and facilitation guide for each module
- Full curriculum finalized Summer 2013





LIVING

*in my today*

*Learning* about the experience of  
living with dementia



LIVIN

*in my today*

G

*Improving* personal well-being





# LIVING

*in my today*

***Validating*** and honouring each  
person in the moment

# LIVING *in my today*

*Interpreting* personal expressions,  
actions and reactions



LIVING

*in my today*

*Nurturing* all relationships



# LIVING

*in my today*

**Greeting** each  
day as an  
opportunity  
for meaning,  
purpose  
and growth



Thank you

Together  
*We Care*

Christy Parsons,  
Schlegel Villages

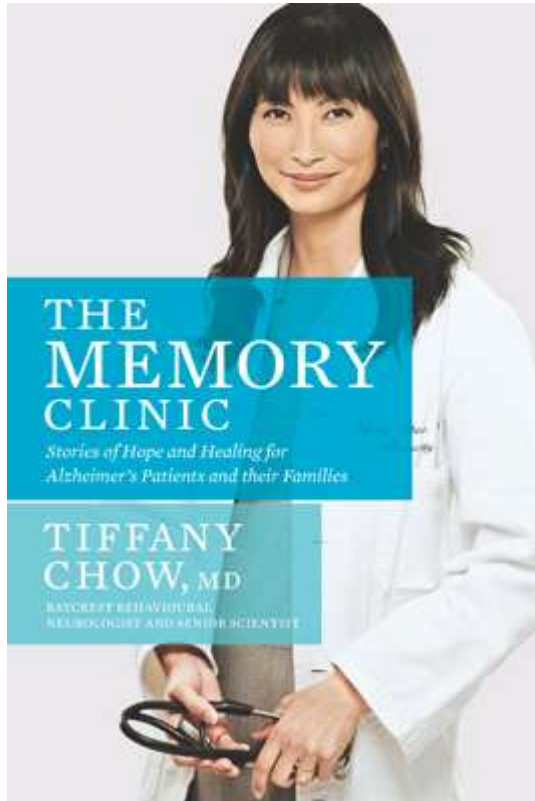
Snyder  
Architects



# THE MEMORY CLINIC

STORIES OF HOPE AND HEALING FOR  
ALZHEIMER'S PATIENTS AND THEIR FAMILIES

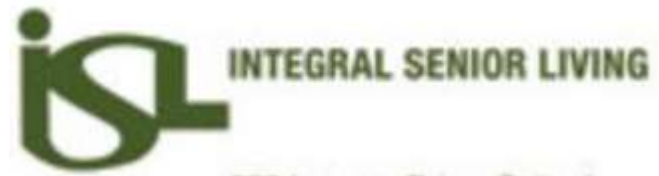
Dr. Tiffany Chow MD



- “This book is a summary of what I’ve learned through my research or from my colleagues about prevention and management of dementia... Even where there is a family history of Alzheimer’s disease, people at risk can do things to prevent its onset or progression.”
- *The Memory Clinic* is instructive and reassuring, and is a fascinating guide through the mysterious twists of the brain.



Rita Altman



Sue Farrow



Jennifer Carson  
and  
Christy Parsons



Rotman Research Institute

Dr. Tiffany Chow



ORCA wishes to express our sincere gratitude and thanks to all session speakers and panelists for sharing their knowledge and expertise to promote operational excellence and quality programs in our retirement communities and enhancing the lives of residents who live there.

As a special thank you for your time and expertise, ORCA has made a donation to the Alzheimer Society in your honor.



Together  
We Care



Together  
*We Care*

Thank you!

---

Snyder  
Architects

