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
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

500,000

1,100,000

(Alzheimer Society, 2010)
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)
Rising Need for Care and Services

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

$15 Billion

$153 Billion

(Alzheimer Society, 2010)
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)
‘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)

Rita Altman
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)

<table>
<thead>
<tr>
<th>Consistency in individualised person centred care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Know the person, their background, unique traits, likes, dislikes, needs, and abilities</td>
</tr>
<tr>
<td>Know and anticipate what might create stressful situations that could cause responsive behaviours/communication challenges</td>
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## Sunrise Best Practice

<table>
<thead>
<tr>
<th>Designated Care Managers</th>
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<tbody>
<tr>
<td>Resident Profile, Individualized Service Plan</td>
</tr>
<tr>
<td>Life enrichment</td>
</tr>
<tr>
<td>We ask these questions in the assessment</td>
</tr>
<tr>
<td>Specialized</td>
</tr>
</tbody>
</table>

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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

- 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

<table>
<thead>
<tr>
<th></th>
<th>Mental</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>Keith L. Black, M.D., chair of neurosurgery at Cedars-Sinai Medical Center in Los Angeles.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Physical</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>P</td>
<td>Art Kramer, professor of psychology and neuroscience at the University of Illinois.</td>
<td></td>
</tr>
</tbody>
</table>
## Transitions Program
The Science Behind Holistic Recreational Programming

<table>
<thead>
<tr>
<th>CE</th>
<th>Creative Expression</th>
<th>University of Sussex researchers Dr. Jennifer Rusted and Linda Sheppard in collaboration with Professor Diane Waller (University of London)</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>Social</td>
<td>Laura Fratiglioni, M.D., director of the institute's Aging Research Center from Sweden's Karolinska Institute shows.</td>
<td>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.</td>
</tr>
</tbody>
</table>
## Transitions Program
The Science Behind Holistic Recreational Programming

| SW | Spiritual Wellness | Joshua Grant, a scientist at the University of Montreal | 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. |
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

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

Improving personal well-being

Validating and honouring each person in the moment

Interpreting personal expressions, actions and reactions

Nurturing all relationships

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

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

Christy Parsons,
Schlegel Villages
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.
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.
Thank you!