



MEMORY
LIVING®
by CHARTwell



CARE & SUPPORT

FOR SENIORS LIVING
WITH DEMENTIA

*A Guide for Supporting
your Loved One*



LIVING WITH DEMENTIA

Chartwell's Memory Living program focuses on the social impact of dementia. It offers seniors living with cognitive impairment a safe, supportive and independent environment emphasizing the activities of daily living.

S *taff build strong social connections with residents and their family members, focusing on their independence and individuality.*

From purposeful life-enrichment activities balancing routine and structure with flexibility and spontaneity, to dining environments encouraging positive daily interactions, we create a sense of purpose for every individual in our Neighbourhoods, while providing their families with the peace of mind they seek during their loved one's transition.



To learn more about supporting your loved one with dementia visit the Ontario Alzheimer's Association at: www.alzheimers.ca/en/on

6 GUIDING PRINCIPLES OF CHARTWELL'S MEMORY LIVING PROGRAM



SAFETY

COMMUNITY

PURPOSE

PERSON-FIRST

FLEXIBILITY

FAMILY PARTICIPATION

Question(s) I want to ask:

PERSON-CENTRED SUPPORT

No two people with dementia experience it the same way. Chartwell's Memory Living Neighbourhoods are based on a community model of care, where staff establish relationships with each resident—acknowledging individuality and encouraging personal expression—to create person centred care plans. **We help our residents live a good day, every day.**



My Life Story* Interview with residents and their family is designed to:

- Build a working relationship with the person by listening to their story.
- Help (Memory Living Managers) understand the person's current situation.

* Whole Person Dementia Assessment, Benjamin T. Mast, 2011 by Health Professions Press Inc., Haight's Life Review and Experience Form



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Our Memory Living program encompasses specialized programs, services and facilities that address the social impact of dementia and foster a sense of community among staff and residents. The following key elements are found in all of our Memory Living Neighbourhoods and help to define Chartwell's unique experience for residents and their families.



THE BENEFITS OF CHARTWELL'S MEMORY LIVING PROGRAM

FAMILIAR STAFF

We ensure a high staff:resident ratio over a 24-hour period, including consistent staffing assignments to build familiarity and trust. A Memory Living Manager is available to residents and their families for support.

LIFE ENRICHMENT ACTIVITIES

Our Daily Path plan provides residents with a flexible, comforting routine, enabling them to express themselves, exert their independence and pursue the activities they most enjoy. A specialized activity calendar is created for each Neighbourhood.

DINING EXPERIENCE

Meals are family-style, where residents and staff prepare, dine, and cleanup afterward together. This contributes to residents' sense of community and self-value. Each individual can choose preferred foods and meal times, delivering greater independence and control.

SPECIALIZED ENVIRONMENT - THE NEIGHBOURHOOD

Memory Living Neighbourhoods include safety features that allow residents to move about independently without compromising their safety. Secure outdoor space is available to residents year-round.

TRANSITIONS - FAMILY SUPPORT

Families are key to helping staff facilitate meaningful relationships with their loved ones and to identifying their needs. Staff work with families to gather information so they can truly come to know the resident, understand their unmet needs and help them to maintain their identity.

To help families navigate their loved one's transition to memory care, Dementia Counsellors are available to provide individual and group counselling services. Memory Living Managers are also available for regular communication with family members about their loved one's engagement in Neighbourhood activities.



SUPPORTING THE FAMILIES OF RESIDENTS

We actively seek to support family members during and after their loved one's transition to memory care, with our Dementia Counsellors on hand to provide orientation, facilitate family conferences and deliver counselling services.

WHAT IS A DEMENTIA COUNSELLOR?

Unique to Chartwell, our Dementia Counsellors are qualified social workers who take the lead in the provision of individual and group counselling services, maintaining positive partnerships with residents' families.

CHARTWELL'S DEMENTIA COUNSELLORS PROVIDE THE FOLLOWING SERVICES:

- Facilitate support groups
- Provide individual therapeutic counselling services to residents and families
- Education and placement support concerning transitioning to long-term care
- Community outreach
- Staff support



According to the Canadian Institute of Health Research, 747, 000 Canadians were living with Alzheimer's disease and other forms of dementia in 2011.*

*To learn more about the steps that can be taken to detect dementia visit: blog.chartwell.com/dementia



EXPERIENCE OUR
**MEMORY
LIVING**
NEIGHBOURHOODS

If you're interested in learning more about Chartwell's Memory Living program, please reach out to one of our Memory Living Managers, who will meet with you and take you and your loved one for a personalized tour of their Memory Living Neighbourhood.

CHARTWELL.COM

Memory Living Manager:

Direct phone number:





NOTES
