

A Guide for Navigating **MEMORY CARE**



How to find the community that's the best fit.



Not all memory care communities are the same.



Because of the aging population, there has never been a greater need for specialized memory care. Although there are many memory care options available, supportive services, engagement and wellness programs may be very different from one community to another, with many factors to consider, including the care available for the different forms and progressive stages of dementia.

That's why it's important to do your research, take tours and know what to look for when comparing various communities to find the right match for your family member's need. We want to help make it easier for you to make the best decision for you and your family member. Use this guidebook to keep track of the communities you visit and to compare what each one has to offer.

Within this guide we'll cover:

- How to know if memory care is right for your family member or friend
- Different types of dementia
- The three stages of Alzheimer's
- The benefits of a memory care community
- Tips for researching the right community
- What 81 Oaks has to offer

It's time to consider memory care for a family member when they:

- Struggle with daily living actions and medication management
- Experience disorientation of place and time that make safety an issue
- Become increasingly frustrated and/or aggressive
- Withdraw and become socially isolated
- Lose weight because they forget to eat
- And, as a result of some or all of these issues, you are experiencing care partner burnout



Understanding the different types of dementia.



Dementia is not a specific disease. It is a general term for the impaired ability to remember, think or make decisions and that is severe enough to make everyday activities difficult. While there are many types of dementia, here are four of the most common:

- **Frontotemporal** — The frontal and temporal lobes of the brain shrink, causing dramatic personality changes that include being socially inappropriate, impulsive or emotionally indifferent. It tends to begin between the ages of 40 and 65, but occurs later in life as well.
- **Lewy body** — Protein deposits, called Lewy bodies, develop in the nerve cells in the brain involved in thinking, memory and movement producing visual hallucinations and changes in alertness. Other effects include Parkinson's disease signs such as rigid muscles, slow movement, walking difficulty and tremors.
- **Vascular** — Lack of blood that carries oxygen and nutrients to blood vessels in the brain causes problems with reasoning, planning, judgement and memory. Symptoms can begin gradually or occur suddenly, and then progress over time with possible short periods of improvement.
- **Alzheimer's** — This is the most common type among older adults. Age is the best known risk factor, and researchers believe genetics (family history) may also play a role. The number of people living with this disease doubles every five years beyond age 65, with symptoms typically first appearing after age 60.

Understanding Alzheimer's and its stages.



Symptoms of Alzheimer's vary with each individual.

According to research by the Alzheimer's Association, Alzheimer's is the most common form of dementia and impacts an estimated 60 to 80 percent of dementia cases. Although symptoms vary, there are three general stages of Alzheimer's: mild, moderate and severe. In addition, severe Alzheimer's progresses through three stages: early, middle and late, each with its own set of symptoms.

■ **Mild Alzheimer's** — Family and friends may start to notice memory and cognitive changes, such as frequently losing things or forgetting conversations, appointments and events. The individual may also have difficulty remembering the names of new acquaintances or have trouble following the flow of a conversation. Of course, some memory loss — such as occasional difficulty finding the right word — is age-related and normal. But normal memory loss does not include trouble holding a conversation, being able to function independently or the ability to pursue normal activities.

Understanding dementia and Alzheimer's cognitive impairments.



■ **Moderate Alzheimer's** — Now the symptoms become more obvious and apparent, and include:

- Difficulty remembering one's history and life stories
- Difficulty with basic math
- Forgetting how to do things done many times before
- Getting lost or disoriented even in familiar places
- Significant confusion

■ **Severe Alzheimer's** — In this stage, an individual requires constant supervision and, in most cases, professional care and support. Symptoms include:

- Words are frequently forgotten, misused or garbled
- Repeated stories and phrases in the same conversation
- Changes in mood and personality
- Unpredictable and/or socially inappropriate behavior
- Wandering
- Inability to recognize faces, including family members and close friends
- Loss of bowel and bladder control
- Withdrawal from social interactions
- Difficulty understanding visual images and three-dimensional relationships

Important benefits of a memory care community.



While medication can slow the progression of Alzheimer's symptoms, research shows that the environment in which an individual lives also plays an important role in treatment. A memory care community is a caring, secure environment that includes housing, dining, engagement and a variety of services and amenities designed to enhance each resident's well-being. This includes:

- A singular focus on dementia care that is committed to wellness, purpose and respect, and team members who know how to turn the everyday into something special and joyful
- Unique architectural design that lowers stress with increased natural light and neighborhood layouts that help decrease dementia symptoms, including wandering, while providing safety and security
- A specially trained memory care team that gives each individual the personalized care they need while enabling them to continue living their lives as independently as possible
- Specialized programming, care and therapy that provides opportunities to celebrate and engage, connects residents to pleasant memories and reduces depression and loneliness
- Peace of mind for residents and family centered on quality care, state-of-the art security and resource tools that help everyone stay connected

Print pages 8 through 16 to take with you to the community or use this fillable PDF to complete on your computer, tablet or phone.

Environment

For an individual with dementia, a soothing and calming atmosphere plays an important role in helping minimize their confusion. Noise levels, lighting and even the colors and patterns used in living spaces can make the environment too busy, triggering anxiety, frustration, anger or withdrawal.



Check boxes where applicable.

Environment	81 Oaks	_____ (community name)	_____ (community name)	Your Notes
Feels warm & inviting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Team members knowledgeable and supportive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Well-designed to accommodate the needs of residents living with dementia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Mix of artificial and natural lighting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Access to secure outdoor courtyards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Values & Services

Living life on your terms with a sense of belonging and purpose is what feeling at home is all about. It should include a compassionate team that works with each resident and family to create an environment where those living with cognitive change can thrive through engagement and social interactions, while maintaining as much familiarity as possible.



Check boxes where applicable.

Values & Services	81 Oaks	<u> </u> (community name)	<u> </u> (community name)	Your Notes
All-inclusive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Core values/Care Philosophy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Salon/spa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Housekeeping, laundry, linens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Personal resident assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Secured memory care neighborhood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Programs offered (wellness, social)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Values & Services (continued)

Check boxes where applicable.

Values & Services	81 Oaks	_____ (community name)	_____ (community name)	Your Notes
Unique programming (music or pet therapy, memory box, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Accommodations (special care needs, diabetic care, mobility issues, wandering)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transportation to off-site events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dedicated Memory Care Director to ensure daily engagement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Health & Wellness

Health and happiness go hand-in-hand. Holistic wellness is important because it focuses on each individual's potential to achieve their personal goals, regardless of physical or emotional challenges. A truly holistic approach to health should include programming designed specifically for residents living with memory impairments and customized to grow and evolve with each resident's needs and meet each family's expectations.



Check boxes where applicable.

Health & Wellness	81 Oaks	_____ (community name)	_____ (community name)	Your Notes
24-hour health monitoring and support (RN, LPN, Aides)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
On-site medical services (podiatrist, dental, home health)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
On-site rehab services (PT, OT and speech)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Training/accreditations received and how often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Health & Wellness (continued)

Check boxes where applicable.

Health & Wellness	81 Oaks	_____ (community name)	_____ (community name)	Your Notes
Easy access to hospitals and medical offices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Individualized, customized wellness programming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wellness engagement tool for residents and families	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wellness Director on-site	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transportation to medical appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
How are behaviors handled?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Caregiver support available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Dining

In addition to being important for nutrition, dining also provides an opportunity to be with others and connect. In later stages of dementia, because the ability to eat becomes compromised, entrées should be customized for easy chewing and swallowing.



Check boxes where applicable.

Dining	81 Oaks	_____ (community name)	_____ (community name)	Your Notes
Dining room vs. dine in apartment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Menus that accommodate special diets and choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Chef-prepared entrées	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Special diets offered for easy chewing/ swallowing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Feeding assistance by team	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Certified dieticians	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Snack and hydration stations available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Safety & Security

Although dementia affects each person differently, common symptoms such as confusion, memory loss and disorientation create daily safety issues, as does limited mobility and decreased coordination. Feeling safe and secure is a big part of feeling comfortable and truly cared for.



Check boxes where applicable.

Safety & Security	81 Oaks	_____ (community name)	_____ (community name)	Your Notes
Security features	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Team-to-resident ratio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Designed for needs of those living with dementia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wellness team on-site 24 hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Emergency response system inside apartments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Secured resident outdoor areas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Pricing & Fees

Cost is an important consideration when choosing a memory care community. The right community does more than meet your family member's physical and lifestyle needs, it also fits your budget. Keep in mind your money goes further when memory care services are all-inclusive and don't increase when care needs increase.



Check boxes where applicable.

Pricing & Fees	81 Oaks	_____ (community name)	_____ (community name)	Your Notes
Community or entrance fee (refund policy?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Monthly fee structure (all-inclusive or fee-for-service?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ancillary fees	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Different cost for varying suites	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Overall Impressions

First impressions are important and should be taken into consideration. Notice if the grounds and buildings look fresh and well maintained, and if the lobby is welcoming. Pay attention to the friendliness of the team, if they smile when they see you and how they interact with current residents.

Check boxes where applicable.

Overall Impressions	81 Oaks	_____ (community name)	_____ (community name)	Your Notes
How was I greeted?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Team members professional and happy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Did they try to get to know me? Did they genuinely care?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are residents interacting, engaging and appear happy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do you feel comfortable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the community a good value?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Clean and no off-putting smells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Your Next Chapter Begins at 81 Oaks.



Why trust 81 Oaks with the next chapter in your family member's life?

First, know that you are not alone. With a growing number of the U.S. population reaching 65 years or older, diagnoses of Alzheimer's and other dementias are becoming more common. Caring for a family member with dementia is rewarding, but also increasingly challenging as cognitive impairment worsens. Moving a family member into a memory care community is an emotional process, as well as a life-changing decision, for both you and your family member.

When you decide it's time, you'll want to find a community that treats residents like family, and is focused on helping them improve their physical, mental and social well-being. That place is 81 Oaks, the family-oriented memory care community that feels like home, so your family member can feel more confident, more supported and more engaged, and you can have peace of mind knowing they are comfortable and well cared for.

Memory care at 81 Oaks is all-inclusive and starts with highly specialized wellness and engagement programs far beyond the scope of services offered at traditional nursing homes and assisted living communities. It includes a secure Valeo™ memory care neighborhood where you and your family member will discover a sense of community and an extensively trained team that is focused on safely maximizing each resident's abilities and well-being.

VALEO™ (va-LAY-o)

Creating moments of joy every day, in every interaction.

Derived from the Latin word meaning “to thrive,” Valeo at 81 Oaks offers programming designed specifically for residents living with memory impairments such as Alzheimer’s and other forms of dementia.



The Valeo philosophy is integrated into every aspect of our memory care programming. Customized to the individual, it helps those with cognitive impairments thrive by creating opportunities for meaningful interaction, individualized engagement, building relationships and growing connections, while enjoying a life filled with comfort, purpose and discoveries around every corner.



The Valeo wellness philosophy centers on holistic care, maintaining and improving what is commonly referred to as the Four Components of Wellness.

THE FOUR COMPONENTS OF WELLNESS



1. **PHYSICAL:** engaging in self-care through both activity and proper nutrition



2. **SOCIAL:** strengthening and developing existing and new relationships — both with people and pets



3. **INTELLECTUAL:** performing creative, stimulating activities to reignite memories and preserve cognition



4. **SPIRITUAL:** reserving time to connect with one’s personal beliefs

We know the value of caring.

Enjoy a full array of amenities and services that make life easier, more convenient and more enjoyable. 81 Oaks is built on the unbreakable belief that your peace of mind is rooted in a life of choices, excellence and respect. Shaded by more than 100 oak trees, you'll find a full range of living options — assisted living and memory care plus our independent living coming in phase two. The foundation is strong here so your life can be more flexible.

How to schedule an appointment at 81 Oaks.

Call 81 Oaks today or visit online for more information or to schedule a tour.



Assisted Living Facility # Pending

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