

## **Dementia Program & Training Disclosure for Specialized Unit**



Our Housing with Services / Assisted Living establishment does offer care and service to people living with early stages of dementia. To understand and meet the needs of our residents, all of Vista Prairie Community staff will receive at least 4 hours of dementia care training at the beginning of their employment (for content description, see end of document) and at least 2 hours annually.

Our Memory Care Community is a secured, specific dementia care community attached to the Assisted Living Community. Promoting a specific philosophy of care, there are criteria for residing in the Memory Care Community and additional specific training that staff must complete. For staff working in the Memory Care Community, training at the beginning of employment will total more than 8 hours and there will be an additional 2 hours of training in dementia care on an annual basis.

### **Our Philosophy and how it reflects the special needs of tenants with Alzheimer's disease and related dementias:**

Our Memory Care Community is for individuals with memory loss severe enough to interfere with everyday life. Emphasis is placed on preserving the individual's dignity and "sense of self." We strive to maintain the skills and abilities of each individual by assisting him/her to become pleasurable engaged in meaningful activities of daily living.

### **Criteria\* for determining who may reside in our Memory Care Community:**

- a. Individuals who may wander and are not able to recognize hazardous situations.
- b. Individuals who have a diagnosis of a dementia-related disease where treatment and care in a secured building are beneficial.
- c. Mobility: Individuals must be able to bear weight to assist in transfers, with the assistance of one or two staff. The individual may use assistive devices such as a walker or cane to aid in mobility. The individual may use a wheelchair for main mobility. Escort services are available outside of the Memory Care Community to aid in transportation for an additional charge. Staff will assist with helping to arrange outside transportation.
- d. Toileting: Staff must be able to manage the individual's incontinence. Staff may assist with pad changes and peri care.
- e. Dining: Staff can assist the individual with tray set up and feeding as needed.
- f. Hygiene: Staff is able to assist the individual with daily hygiene needs as needed. Staff will assist with shower and baths as needed.
- g. Medications: Staff will administer all medications. If an individual is insulin dependent, the Director of Health Services will determine eligibility.
- h. Housekeeping: Housekeeping is the responsibility of the Memory Care staff.
- i. Laundry: Laundry is the responsibility of the staff. Towels and wash cloths are replaced daily. Sheets and personal laundry are done at least weekly.

- j. The individual's health cannot be a hazard to other tenants or to the staff. At the time of the individual's initial screening, the nurse will ask whether there are any health difficulties that may be a hazard to other tenants. If the individual does, move in to the Memory Care Community may be denied. Having an illness or disease alone is not a deterrent to move in. The individual's periodic medical checkup may lead to another screening that may require placement elsewhere.
- k. The individual must have sufficient monthly income or available assets to meet the anticipated monthly fee for the living unit selected.
- l. The individual must have sufficient monthly income or available assets after payment of the anticipated monthly fee to satisfy normal expenses for services and living costs not provided by the Memory Care Community.

*\*Interpretation of the above guidelines is the responsibility of the Executive Director.*

**The process used for assessment and establishment of the service plan or agreement, including how the plan is responsive to changes in the individual's condition:**

The Licensed RN / Director of Health Services performs an assessment at the time of application for residency, which initially determines the service needed and health concerns of the applicant. On move in to the community and after discussion with the individual and family, a more complete assessment is completed. The service agreement is established using the information from the screening, assessment, individual and family. There is an ongoing communication between staff and family as an individual's condition changes. The Service Agreement is amended as necessary in response to changing needs of the individual.

**Staffing credentials, job descriptions, and staff duties, including any training specific to dementia:**

Executive Director (LALD): All management duties, housing agreements and financial services.

Licensed RN/Director of Health Services: Conducts initial and ongoing assessments and develops a Service Plan which includes personal care services, medication management, monitoring of health status and training all staff in the tasks and skills necessary to deliver the services in the Service Plan.

Memory Care Manager: Oversees all activities and staff responsibilities that apply to programming, and manages overall daily programming of the community.

Resident Assistants: Trained by the RN, performs direct care of tenants, housekeeping, food service duties and daily programming.

Program Assistant: Coordinates daily programming for the tenants.

Culinary Manager: Is certified and registered with the State of Minnesota, handles ordering and food preparations.

Culinary Aide: Assists with food preparation and serving.

## Education Descriptions:

*Dementia Training (EduCare) Modules used:*

- Intro to AD and Dementia

Understanding normal aging brain function is key to knowing how it is affected when attacked by Alzheimer's disease and related dementias. This module provides an overview of all types of dementia, key symptoms, warning signs, diagnosis, and treatments. Compassionate care and empathy is the common theme throughout each disease focusing on victim's point of view.

- Communication: The Key to Your Success

Communication is the key to success when working with people suffering from dementia. This module provides practical tools for effective verbal and non-verbal communication, the difference between short-term and long-term memory and how it affects communication, the importance of breaking down tasks and working at a slower pace, and applying validation therapy and the "so what" philosophy.

- Activities of Daily Living: A Balanced Approach

Providing assistance with activities of daily living for those with dementia is more than just bathing, dressing, and grooming. This module stresses the importance of a balanced approach to include self-care, productive and useful, and leisure and life-enriching activities. Beginning with resident's social history and profile and recognizing participation ability, this module will provide the tools to be successful in implementing a balanced program that benefits the residents and promotes their independence.

- Behaviors vs. Symptoms

When a resident with dementia exhibits a symptom, why do we label it as a behavior so quickly? Anticipating disease symptoms, looking for opportunities to minimize them, and creative solutions to an appropriate response are essential components to this module. Additional topics include taking snapshots, redirection tactics, and simple problem-solving techniques that can be applied to any symptom that is causing discomfort to the resident or those around them. The key is the success ability to differentiate between symptoms that are of concern and those that are not.

- The Journey – What Every Caregiver Should Know

From the patient and family's point of view, experience the emotional rollercoaster that comes with a dementia diagnosis while one family shares their journey, bringing the face of the disease into clear focus for professional caregivers. This module also provides valuable tools to be excellent caregivers, avoid burnout, and how to truly make a difference each and every day.

Dementia Training that **may** be used for annual training:

- EduCare Module Activities for Those with Memory Loss

Working with those with memory loss can be challenging and yet very rewarding. Looking at activities differently is essential in providing a well-rounded experience for the client. This course provides an understanding that an activity can be anything, held anywhere, and for any length of time. Make everything an activity with your clients and experience together the joy that can come from the simple things in life.

- EduCare Module Dementia: The Refresher Course

Everyone needs a little refresher from time to time. This module provides more learning for the seasoned employees in the area of dementia from symptom descriptions, communication techniques, activities of daily living, and overcoming and redirecting behaviors and symptoms. This module also captures suggestions for creating a safe work environment and employee injury prevention.

Or Teepa Snow DVDs

- The Art of Caregiving (2 hrs)

Caregiving techniques for daily tasks – dressing, transfers, eating, etc. Understanding why we want to know a resident's life history.

- Challenging Behaviors in Dementia Care (2.5hrs)

Understanding approaches to use when the resident's emotional and physical needs cause challenging behaviors

- It's All In Your Approach (2 hrs)

Learning how the person with dementia perceives his/her environment and understanding *behaviors*, key principles of caregiving, learning cueing sequence of visual-verbal- touch.

- The Journey of Dementia (3 hrs)

Learning to make the most of doctor's visits, screenings, legal and financial document preparation and finding the best End of Life care choices.

Or **Vista Prairie developed written materials and/or recorded training that reflects content noted above.**

**Physical environment, as well as design and security features that specifically address the needs of tenants with Alzheimer's disease or other dementia:**

The Memory Care Community has private studio suites as well as semi-private suites. Tenants and their families are encouraged to bring their own furniture, decorations and photographs. Anything that will make the **tenants** room more enjoyable. All exits are secure.

**Frequency and type of program and activities for tenants of the special care community:**

Activities are ongoing as we strive to maintain tenants' skills and abilities of daily living. For example, **tenants** may assist with meal preparation, setting tables, laundry, housekeeping, and all other scheduled activities.

**Involvement of families in tenant care and availability of family support programs:**

We encourage and want families to be involved in the **tenant's** care and support programs that are available in the area and at the Memory Care Community.