

## C.A.R.E.S (Compassionate and Restorative Emotional Support)

Meridian Integrated Health Systems' C.A.R.E.S. is an exclusive, client-centered program that helps residents cope with life's many changes and transitions.

Our multidisciplinary team of licensed counselors provide dignified and dynamic support, adapting each treatment plan to the individual.

Whether you're dealing with loss, depression, anxiety, or another mood disorder, our emotional support can offer real relief to our clients. Clients learn coping strategies, experience increased mental wellness, gain insight into how to self-manage a healthier mindset.

The program blends group and individual therapies, life skill training, and psychiatric medication management to help improve our clients' lives.

Email [info@meridianihs.com](mailto:info@meridianihs.com) for more information.



**The Landings at Oregon**  
3450 Seaman Road  
Oregon, OH 43616



[info@meridianihs.com](mailto:info@meridianihs.com)

Meridian Integrated Health Services is Joint Commission Accredited, OHMAS Licensed, and employ licensed and professional staff who specialize in emotional support treatment for older adults

A close-up photograph of an elderly woman with white hair, smiling and resting her chin on her hand. She is wearing a blue ring on her finger. The image is partially obscured by a teal vertical bar on the left side of the page.

**MERIDIAN**  
INTEGRATED HEALTH SERVICES

**C.A.R.E.S. Program**  
Emotional Support Services at  
The Landings of Oregon



## Our Program

As a partner with The Landings of Oregon, the C.A.R.E.S. Program complements existing community programming to offer Memory Care and Assisted Living residents emotional support services.

Programming focuses on keeping residents active, engaged, and productive. Therapeutic activities and discussions encourage social interaction, mood improvement, brain stimulation, and overall emotional satisfaction.

### → Group-Based Programs

Licensed counselor leads small group discussions. Advantages include helping you or your loved one learn new coping strategies and improving overall emotional support.

### → Individual Sessions

Often, those with emotional needs struggle with mental and physical disorders and need one-on-one support. These sessions are an opportunity to confidentially talk with a trained professional. It does not necessarily make problems disappear, but it equips individuals with the tools needed to cope more appropriately.

## When You Struggle to Stay Active and Social

As we age, the ability to perform physical tasks such as cooking, cleaning, and personal care change over time, as do our emotional needs. The C.A.R.E.S. program works to improve emotional functioning, encourages interpersonal skill building, and focuses on decreasing isolation and social withdrawal.

According to the National Institute on Aging, a well-rounded selection of therapies can slow cognitive decline and memory loss. In addition, studies suggest that a mix of calming and stimulating activities reduces reliance on medication and can reduce the occurrence of behaviors like wandering, aggression, agitation, and restlessness.

Residents will receive a complete care plan tailored to their specific needs with the combined support of Meridian Integrated Health Systems and The Landings of Oregon.

## Our Services

Treatment goals are thoughtfully crafted by licensed counselors to ensure you or your loved one's needs are addressed through various modalities and services.

**Assessment and Treatment Planning**

**Crisis Intervention**

**Family and Caregiver Support**

**Group Therapy**

**Weekly Individual Sessions**

**Grief Counseling**

**Expressive Arts**

**Mindfulness Meditation**

### Psychoeducation

Psychoeducation helps the resident learn what is happening with their brain and body, and how this can affect personal triggers and stressors. Understanding a diagnosis can help with self-management of emotions and reactions. Residents learn healthier coping abilities, impulse control, and intrinsic motivation to work towards well-being.

### Treatment Modalities

**Expressive Arts** promote inner perception, open access paths, and enable forms of expression to interact with oneself and one's environment without speaking.

**Narrative Practices** aim to separate the individual from the problem, allowing the individual to externalize their issues rather than internalize them. It relies on the individual's own skills and a sense of purpose to guide them through difficult times.

**Reminiscence Therapy** dives into past experiences to increase self-esteem and a sense of fulfillment.