



A GUIDE FOR
Finding the Right
Memory Care Community



THE BRIELLE
— AT SEAVIEW —

www.TheBrielle.com



Confronting the Diagnosis

Alzheimer's and other related dementias can be a life-changing event for both those who are diagnosed and for those close to them. While family, friends and even those diagnosed with the disorder may have sensed subtle changes in memory and behavior prior to diagnosis, receiving an official determination that a friend or family member is suffering from a memory impairment can cause the individual and caregiver alike to experience a number of different feelings, such as shock, disbelief, fear, denial, sadness, anger or even relief.

There is no right or wrong reaction when faced with dementia.

Facing the Challenges Ahead

Support to those who have a memory impairment is sometimes an emotional process for a caregiver. Emotions can overwhelm the individual and range from the lowest of fears to the highest of hopes and can be set off by thoughts of how Alzheimer's will impact the caregiver's life today, as well as into the future. Beyond the obvious emotional toll that can come from a diagnosis, the staggering pressure to make important legal, financial, immediate and long-term care-planning decisions can be overwhelming.

Following the Journey to Comfort and Support

With an increasing number of the US population reaching 65 years and older, diagnoses of Alzheimer's and other dementias are becoming more common. There has never been a greater need for specialized memory care than today. Nor has there been a period of time with as many advances in programming and treatment of memory impairments to improve individuals' physical, mental and social well-being. Today's memory care communities offer highly specialized wellness programs well beyond the scope of services offered at traditional nursing homes and assisted living communities.

The process of considering a memory care community for a family member is not unlike any other important life decision. The more information you have about the different stages of Alzheimer's disease and the different forms of dementia, the better equipped you will be to match your family member's needs with a memory care community based on their approach, programming, treatment and care.

Within this guide, we'll cover:

- The three general stages of Alzheimer's (early, mid and late)
- The benefits of a memory care community
- Tips for researching the right community for your family member and questions to ask in your search

Understanding the Stages of Alzheimer's

While dementia is the general term for memory loss and other mental disabilities that are severe enough to interfere with daily life, Alzheimer's is the most common form of dementia; affecting an estimated 60 to 80 percent of dementia cases, according to research performed by the Alzheimer's Association.

Symptoms of Alzheimer's affects individuals differently, however there are three general stages of the disease:

Mild Alzheimer's
Early Stage

Moderate Alzheimer's
Middle Stage

Severe Alzheimer's
Late Stage

At the *mild Alzheimer's stage*, friends and family may begin to notice memory and cognitive issues. These changes may be marked by frequently losing or misplacing things or frequently forgetting conversations, appointments and events. There may be difficulty remembering the names of new acquaintances or having trouble following the flow of a conversation. It should be noted that some memory loss is age-related and normal. Examples of normal changes include the occasional difficulty in finding the right word, but no trouble holding a conversation or being able to function independently and pursue normal activities, despite occasional memory lapses.

Within the *moderate Alzheimer's stage*, the symptoms of the disease become more obvious and apparent to those around them. This phase is marked by 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, and significant confusion.

The latter stage, *severe Alzheimer's*, requires constant supervision and, in most cases, professional support. Symptoms typically include words being frequently forgotten, misused or garbled and repeated phrases and stories in the same conversation. Changes in mood, personality and unpredictable behavioral issues begin to surface, as does the inability to recognize faces, oftentimes, close friends and relatives. Physical symptoms can include loss of bowel and bladder control, socially inappropriate behavior and wandering. Individuals at this stage of the disease will become withdrawn from social interactions and will have trouble understanding visual images and spatial relationships.

The key to successful caregiving is to not focus on the losses of the disease, but rather on the individual's remaining capabilities.

Benefits of a Memory Care Community

A purpose-built memory care neighborhood or community offers more than traditional assisted living; it offers those living with Alzheimer's and other memory impairments specialized services to have, maintain or experience an improved and dignified quality of life. The key differentiators of a purpose-built memory care unit or community from other care options are:

#1 Singular focus on dementia care

Every aspect of the community, from how family members and friends are greeted at the entrance by staff, to the design of the community, to the food that is prepared and the programs and activities offered, is focused on promoting and enhancing the capabilities of those with memory loss.

#2 Unique architectural design and layout

Most memory care communities have adapted architectural elements and floor plans to benefit those with memory loss; including open floor plans and shorter hallways to help residents better navigate and prevent confusion or the use of soothing and contrasting colored walls to provide residents with visual cues as to where they intend to go. The ability to move freely, but in a secure, controlled environment is a primary feature of a purpose-built memory care community.

#3 Specialty-trained staff

Many memory care communities have shifted from an impairment-based practice to an abilities-based practice that's person-centered. With a low staff-to-resident ratio, caregivers are able to learn more about the resident, including who they are, what they've experienced in life and what brought them a sense of purpose and success. Using input from friends and family members of the resident; staff can bring interests, experiences and hobbies to life through individualized programs.

#4 Specialized programming, care and therapy

Purpose-built memory care communities create a lifestyle of comfort, security and purpose for residents. Engaging activities are created to develop current strengths, abilities and wellness, encourage cognitive function and social engagement, stimulate reminiscence and provide joy and meaning. These communities integrate all facets of a resident's life — past and present — in a multi-dimensional and holistic approach to wellness and promote positive ways for residents and families to maintain connections, despite the challenges that come with memory impairment.

#5 Comfort to caregivers and family

Choosing a memory care community can be one of the more difficult and emotional decisions you'll make, given the unique needs of your friend or family member. However, a thoughtful decision on what's best for that individual can bring a great deal of comfort to the caregiver and family. Knowing their basic needs (meal preparation, personal care, laundry, housekeeping, etc.) are being met in a safe and secure environment can bring immediate relief to an overburdened family, without feelings of guilt. Peace of mind comes from knowing that he or she is receiving specialized programming to meet individual cognitive, social and emotional needs. Family caregivers then have the ability to enjoy time with that loved one, knowing specially trained staff are watching after their needs 24 hours a day, 7 days a week.



There are many positive and significant results that come from effective programming and therapy, such as art and music, that enrich the lives of residents at memory care communities, including:

- Helping individuals feel relaxed and calm
- Increased sense of control
- Reduction in depression and anxiety
- Reduction in medication and negative side effects from medication
- Decreased falls and injuries
- Fewer emergency room visits
- Fewer incidents involving physical outburst behaviors
- Increased sense of humor and joy
- Increased self-esteem and sense of identity
- Reduction in loneliness and boredom



The Right Questions Yield the Right Answers

The more you know, the more confident you'll be about your decision for your friend or family member's care, comfort and safety. Here's a short list of questions you can ask to help as you explore memory care options.



Environment and First Impressions

1. Does the community feel warm and inviting?

2. Do you receive a warm greeting and are welcomed by staff members?

3. Is the staff knowledgeable and caring?

4. Are the residents under staff care appropriately dressed?

5. Does the community feel secure, yet accommodating, for the wandering nature of residents with dementia?

6. Are common areas well lit? Pay attention to mix of artificial versus natural lighting.

7. Is the community free of off-putting odors, appear neat and clean and at an appropriate and comfortable temperature?

Dining Features

1. What meals are provided?

2. Are dining considerations made for residents requiring finger foods or specialized utensils to eat?

3. Are common dining rooms available or do residents eat their meals in their suites?

4. What level of assistance for feeding is provided by the staff?

5. Does a certified nutritionist oversee choices of meal offerings?

6. Are snacks available to residents?

7. Is there a policy for allowing friends and family to have meals with residents?

Values and Services

1. Does the community publicly state their core values and beliefs as a memory care community?

2. What levels of memory care does the community provide? Is it stated in writing?

QUESTIONS TO ASK DURING YOUR SEARCH

Values and Services, continued...

<p>3. Is the staff available on-site 24/7?</p>	
<p>4. How often are housekeeping and laundry services provided?</p>	
<p>5. What type of training has the staff received?</p>	
<p>6. What is the monthly rate? What services does that rate include?</p>	
<p>7. What level of personal assistance can residents expect?</p>	
<p>8. How is the community secured?</p>	
<p>9. What programs (exercise, physical therapy, social and other activities) does the community offer?</p>	
<p>10. What unique programs does the community use for memory care? (i.e. music therapy, memory box, pet therapy, etc.)</p>	
<p>11. Does the community accommodate special care needs, such as diabetic care, mobility issues or wandering?</p>	
<p>12. How does the community communicate with families about a resident's well-being?</p>	
<p>13. Are there testimonials or reviews online from other families that the community can share with you?</p>	

QUESTIONS TO ASK DURING YOUR SEARCH

Health Care

1. What are the health services provided at the community, beyond hygiene/grooming, bathing, toileting, incontinence care, etc.?

2. Are pharmacy services available 24/7?

3. What are the accreditations of the nursing staff?

4. What level of nursing staffing is available 24/7?

5. What is the policy for handling medical emergencies?

6. Is transportation provided for regularly-scheduled doctor visits? Who accompanies the resident on these appointments?

7. Are rehabilitation services available on-site?

8. Is there a physician available on-site?

9. If the need arises, is there a partnership with a hospice service?

Costs

1. What is the application and move-in process?

2. How does the fee structure work?

3. What is included in the fee?

4. Are there different costs for varying size of suites and categories of care?

“One day at a time—this is enough. Do not look back and grieve over the past, for it is gone; and do not be troubled about the future, for it has yet to come. Live in the present, and make it so beautiful that it will be worth remembering.”

— *Ida Scott Taylor McKinney*





Honoring the Past. Supporting the Future.

As you research your options for a memory care community, it is our pleasure to introduce The Brielle at Seaview. The Brielle offers full service assisted living and memory care in a park-like setting on Staten Island. Trained caring staff with on-site medical oversight assure the level of care residents and their families expect. And, while tucked away from the fast-paced surroundings, the convenient location invites frequent visits to our natural wooded oasis. With care designed to support your legacy and your goals, The Brielle is truly a hidden gem.

Professionally managed by Solvere Senior Living, The Brielle incorporates their signature Valeo™ philosophy; encompassing a dedicated level of care in honoring all residents. Valeo guides community-wide programs that promote individual wellness, specifically adapted to support memory-impaired residents to live their best life, with the support of dedicated staff and family engagement.

Living at The Brielle means feeling connected, honored and fulfilled, regardless of physical or memory challenges. It means individualized care and working hand-in-hand with residents. The Brielle is devoted to memory care, focusing on the dignity and well-being of residents, through signature programs that offer connection and engagement. Our entire team of caregivers, from clinical support to housekeeping, receives extensive training to ensure the engagement and contentment of every resident. We understand the importance of knowing the past and present lives of residents. We honor their legacy and help them achieve their personal goals.

We invite you to call 929-256-3005 today to learn more about memory care for engaged living and wellness at The Brielle at Seaview.

Sincerely,



Kathy Azbell



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