

Consumer Checklist

*Selecting a Specialty Care Program
for Your Loved One*



HOLLY

COTTAGE

Alzheimer's Association:

Recommended care of older loved ones with Alzheimer's Disease or other Forms of Dementia

(Information provided by Alzheimer's Association www.alz.org)

Assessment:

Regular formal assessment, as required by federal or state regulation, is key to appropriate management of residents' care. Equally important is ongoing monitoring and assessment of residents, particularly upon return from the hospital or upon a significant change in their conditions.

Care Planning & Provision:

An effective care plan builds on the resident's abilities and incorporates strategies such as task breakdown, fitness programs and physical or occupational therapy to help residents complete their daily routines and maintain their functional abilities as long as possible.

Behavior & Communication:

Information about a resident's life prior to admission, such as his or her culture and role within the family, may provide clues about effective approaches to care.

Staffing:

Consistent staff assignments help to promote the quality of the relationships between staff and residents.

Direct care staff need education, support and supervision that empowers them to tailor their care to the needs of residents.

Environment:

The optimal environment feels comfortable and familiar, as a home would, rather than a hospital. The environment should be less about physical structures and more about the feeling inspired by the quality of the place.

Holly Cottage at Country Cottage:
*Our plan of care for your older loved one with
Alzheimer's Disease or other forms of Dementia*

Assessment:

- We perform standard resident assessments at move-in, when significant change in health occurs, and quarterly throughout residency; in addition, we also assess Holly residents every month using a mini mental, PSMS, a behavior screen, and a depression screen.
- A nurse performs assessments on a monthly basis.

Care Planning & Provision:

- Caregivers circulate to monitor resident activities.
- Daily activities include: Reading, story time, current events time, music, life skills, art or animal therapy, exercise.
- Activities calendar insures a calming structure and incorporates familiarity through a focus on life skills, including a minimum of 6 activities daily.

Behavior & Communication:

- Consistency: Caregivers are assigned to a small ratio of specific residents to establish familiarity and trust.
- Effective communication between family, staff members, and administrators is achieved through weekly care conferences and communication.

Staffing:

- Staff training includes ongoing inservices about dementia resident care.
- We have a staff with an average three years tenure. The national average is two out of three people turn over in a one year period.

Environment:

- There are never more than 16 residents in Holly Cottage at any time.
- Personal items, such as furniture from home in residents rooms, and photos proudly displayed outside the doors of residents rooms, add little touches that help to make the Cottage more like home.

ALFA's Philosophy of Assisted Living Care

In addition to this checklist, we encourage you to look for a general philosophy of care based on 10 principles — principles that make Assisted Living residents the top priority.

- Offering cost effective quality care personalized for the individual's needs
- Fostering independence for each resident
- Treating each resident with dignity and respect
- Promoting the individuality of each resident
- Allowing each resident choice of care and lifestyle
- Protecting each resident's right to privacy
- Nurturing the spirit of each resident
- Involving family and friends in care planning and implementation
- Providing a safe, residential environment
- Making the Assisted Living residence a valuable community asset

