

Backgrounder

Harbourway Memory Care Unit Alzheimer's and Dementia Care facility at Atlantic Shores

Harbourway's dedicated **Memory Care Unit**, which opened in February, 2008, features highly specialized care for Alzheimer's and dementia patients. This 14-bed facility is attached to *Seaside Health Center*, a skilled nursing center at the Atlantic Shores senior community in Virginia Beach, Virginia.

Custom-designed to provide for the medical, emotional and safety needs of its residents, this dedicated facility offers 24-hour monitoring of health and security, provided by attentive round-the-clock staff.

Memory Care Unit Services and Amenities

- 24-hour availability of trained staff
- Emergency call system in every room
- Close monitoring of resident whereabouts and condition, including daytime, evening and nighttime checks
- Secured entrances and exits to the unit
- Electronic monitoring available for residents who are at high risk for wandering
- Mobility assistance (hands-on support) to and from dining room or activities
- Supervision and physical assistance with showers, up to 3 times weekly
- Physical assistance with personal hygiene, dressing/undressing daily
- Management of chronic incontinence
- Support with transfers that usually require one staff person
- Three meals per day, plus snacks
- Assistance at meals as needed (e.g., cutting meats and using condiments)
- Medication administration and assistance
- Blood sugar monitoring and testing services
- Lounges and common areas along with secured garden & outdoor areas
- Planned social, recreational, therapy and educational experiences
- Housekeeping 3 times weekly
- Laundering of bed and bath linen as needed
- Daily trash collection
- Basic cable television

Therapeutic Recreational Programs

To provide the finest comprehensive care, Harbourway's Memory Care unit features special equipment and activities designed to provide vital **sensory stimulation** for each resident.

Activities are personally gauged for each individual resident by Valerie Holden, a C.T.R.S. (Certified Therapeutic Recreation Specialist) with a special certification in

dementia practice guidelines set by the American Therapeutic Recreation Association. Certain activities, such as SuDuko and light exercise are offered for residents. Mental stimulation and keeping residents as active in their leisure lifestyles are a priority for staff to maintain. Other stimulation activities, such as aromatherapy, are offered to all.

Specialized equipment is also part of the ongoing therapy process. Programmable "bubble columns" create a customized sensory environment. Filled with water and colored balls, this sound-sensitive machine creates bubbles at a rate timed to music played nearby. A six foot-tall "waterfall" bubble column creates a waterfall effect that calms and soothes.

Activities are also designed to use "Tangle" equipment of various colors and sizes. Residents can increase their range of motion and fine motor skills with a regimen of twisting motions. Some have a ball inside, with the outer ball's movements affecting the inner ball. Some are set like a maze with a series of 90-degree curves, with no beginning or end.

In the near future, a specially designed "tactile wall" will be installed in the Memory Care unit for further visual and motor skill maintenance.

To stay on the cutting edge of support and treatment options, Harbourway also offers an Alzheimer's Support Group (through the local Alzheimer's Association Tidewater Chapter), with resident family and staff co-facilitators, and a social worker that provides families of residents with the latest research and medical updates.

Optional Services which are available, but not included in the rent are:

- Beauty Parlor/Barber Shop services
- Rehabilitation services (physical, occupational, and speech therapy)
- Physicians' services
- Podiatry, dental and ophthalmology consultation
- Radiology services
- Laboratory services
- Local & long distance phone service
- Medical and incontinence supplies
- Medications
- Special activity excursions
- Personal laundry service
- Personal hygiene items
- Valet service to appointments
- Catering for special occasions
- Guest Meals