




Forgetfulness: Is it normal or is it a warning sign

November 2, 2022 – 10 am

Proudly Presented By:




Host - Christine Drasher Emerald Crest Memory Care




recognized
experts **20** years
honoring
memories

Intelligent Memory Care
With four locations in Burnsville, Minnetonka, Shakopee and Victoria, Minnesota, Emerald Crest memory care communities are truly inspired by residents and families. **Emerald Crest** offers a specialized assisted living setting for seniors with Alzheimer’s-related conditions. Our expertise allows us to create opportunities for your loved ones that go beyond conventional notions of memory care.



Emerald Crest Memory Care Model

Emerald Crest is solely dedicated to memory care and offers unique programming to meet residents' needs:



- Serene environments that are easy to navigate
 - 12-15 residents per house; 2-5 houses per location
 - Rooms surround common space, no long hallways
- Focus on ability rather than disability
 - Houses are designated by stages to provide specific programming and socialization
- Personalized care plan tailored to residents' unique needs
 - Developed by Registered Nurses and Occupational Therapists
- Comprehensive employee training program with qualified professional staff; those with direct care duties must undergo even further training and staff also receives on-going education annually



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cassia
AN AUGUSTANA/ELUM AFFILIATION
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recognized experts **20** honoring memories years

Experience matters.

Emerald Crest is an environment intentionally designed to help those with memory conditions to flourish. Designed by recognized experts, our model of care offers the best opportunities for positive relationships, daily structure and meaningful activity, which can restore rhythms, make connections and build self-worth to help people live a full life.

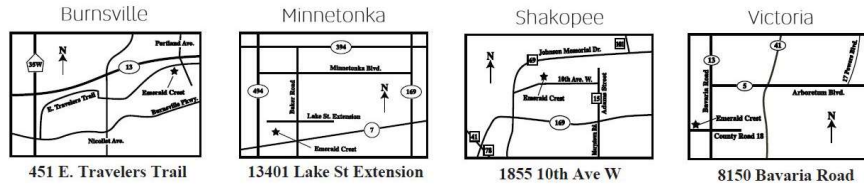
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We look forward to talking with you—we'll personalize a video tour for a safe virtual visit! | 952-908-2215 | EmeraldCrest.com

Burnsville: 451 E Travelers Trail | Minnetonka: 13401 Lake St. Ext. | Shakopee: 1855 10th Ave. W | Victoria: 8150 Bavaria Rd.

Emerald Crest Locations



Personalized video tours...

I'm Elizabeth, the admissions manager at Emerald Crest.

Call me, I'll personalize a video tour for a safe virtual visit!

952-908-2215 Call now,

or

[Schedule a call!](#)



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www.EmeraldCrest.com ~ 952-908-2215

Cassia means "the heart of a servant"

An Augustana ~ Elim Affiliation



Senior Housing Options

- Independent Living
- Assisted Living
- Memory Care
- Enhanced Care Suites
- Respite
- Long Term Care
- Short Term Rehab

www.CassiaLife.org


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Cassia's Mission:

Foster fullness of life for older adults in the spirit of Christ's love.

<p style="text-align: center;"><u>Hospice</u> Grace Hospice <i>Minnesota Metro</i> (612) 238-0034</p> <p style="text-align: center;">Guardian Angels † Elim <i>Buffalo - Elk River</i> (763) 241-0654</p> <p style="text-align: center;"><u>Home Care</u> Guardian Angels † Elim <i>Buffalo - Cambridge Elk River - Edina</i> (763) 241-0654</p> <p style="text-align: center;"><u>Pharmacy Services</u> A & E Pharmacy 1509 10th Ave S, Ste 16 Minneapolis, MN 55404 (612) 238-8615</p>	<p style="text-align: center;"><u>Assistive Technologies</u> Cassia Learning Lab 32 Tenth Ave S, Suite 102 Hopkins, MN 55343 (952) 456-8796 (612) 554-2317 cell</p> <p style="text-align: center;"><u>Medical Supply</u> Elim Preferred Services (763) 550-9486</p> <p style="text-align: center;"><u>Rehabilitation Therapies</u> Centrex Rehab <i>Minnesota, North Dakota, Colorado, Ohio</i> (952) 495-6000</p> <p style="text-align: center;">Pro Rehab <i>Minnesota, Iowa, North Dakota</i> (952) 955-2242</p>
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SPEAKER

Sarah's role as the Occupational Therapist at Emerald Crest is to work with the housing director, nurse, direct caregivers, and families to identify what challenges or gaps our residents may be experiencing due to their dementia. She then works with the team to identify and develop strategies and techniques to fill in those gaps so that we can maximize the residents' abilities and level of function. Sarah focuses on cognitive assessments, behavior management, staff training, and finding opportunities for residents to participate in daily care and meaningful activities that promote success and self worth.



Sarah Zeigler, OTR/L
Occupational Therapist
13 Years at Emerald Crest



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Normal Forgetting vs. Dementia

Normal

- Sporadic
- Occurs with stress and fatigue
- Does not affect overall day to day functioning

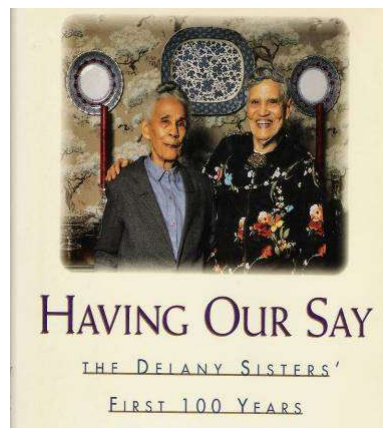
Dementia

- Constant
- Occurs daily
- Does affect overall day to day functioning

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Dementia is
NOT
a normal part of aging



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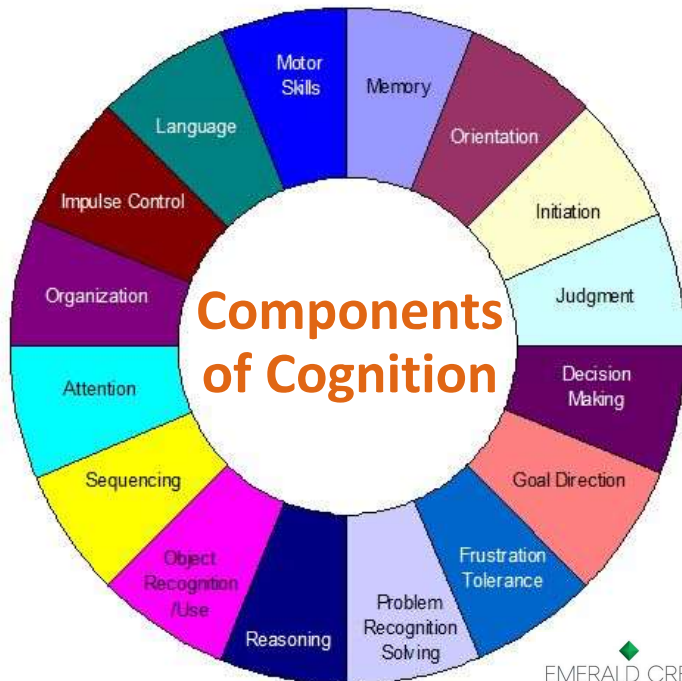
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What is Dementia?

- A syndrome that affects an individual's thinking skills
- Begins with subtle changes in ability to organize house/job, manage finances, driving
- First sign/symptom noticed by others is memory loss
- By time admitted to an Assisted Living or Long Term Care Facility they display decreased ability to consistently complete cares (i.e. dressing, grooming, meals, etc.)

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The Alzheimer's Association's 10 Warning Signs

A checklist of common symptoms that **MAY** indicate the presence of Alzheimer's or another type of dementia

http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp

Know the 10 Signs from the Alzheimer's Association

Early Detection Matters

If you or a loved one is concerned about symptoms like these, please talk with your doctor. Bring this list with you.

- 1 Memory changes that disrupt daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgment
- 9 Withdrawal from work or social activities
- 10 Changes in mood and personality

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Visit Your Doctor

- Family Practitioner
- Neurologist
- Internist
- Psychiatrist



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Communicate With Your Doctor

- Medical journal
- Record/relay observations and experiences
- Understand/discuss medications and related side effects
- Ask questions

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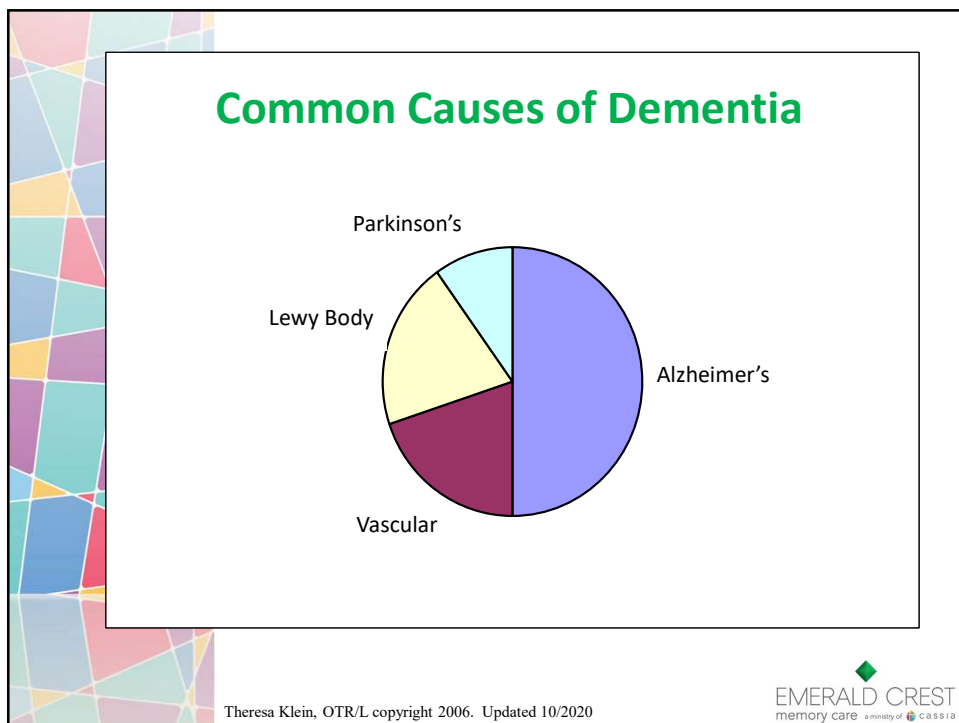
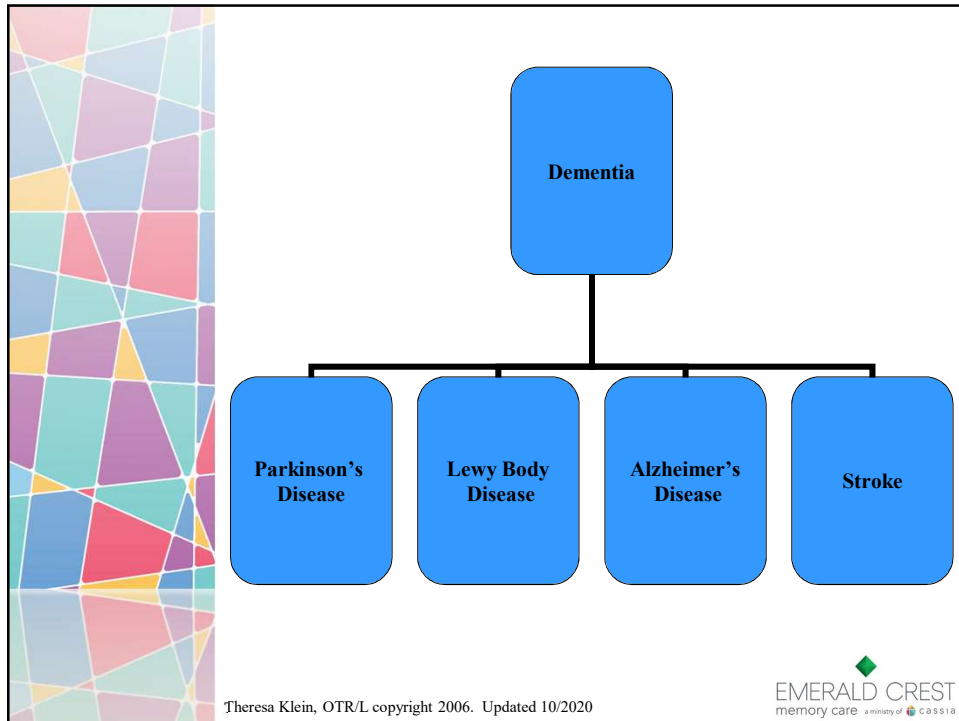
When an individual shows possible signs of dementia what should be done?

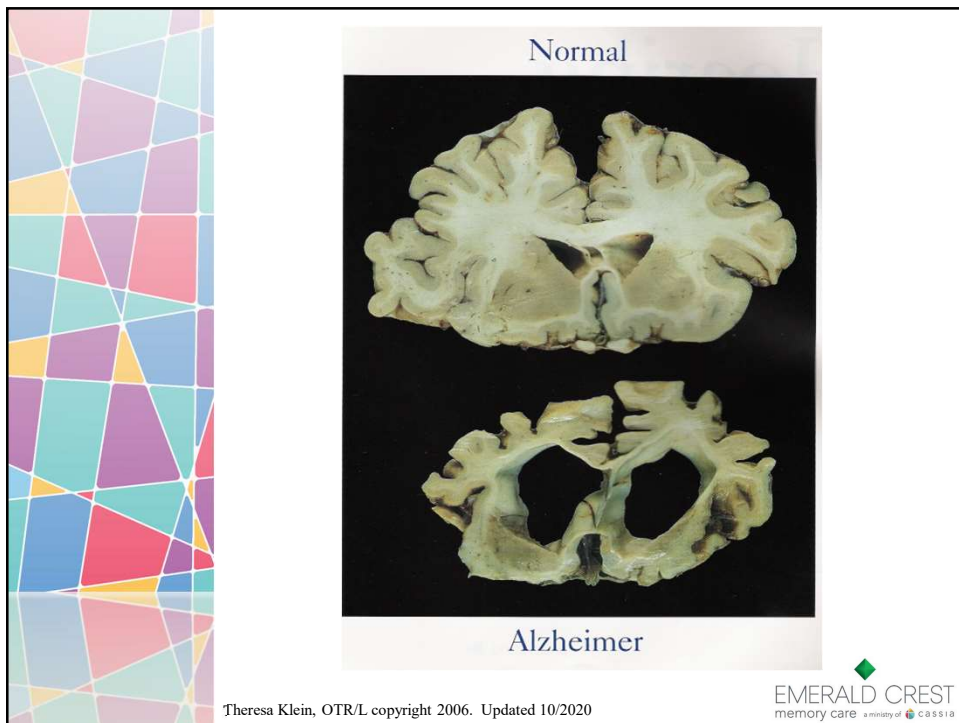
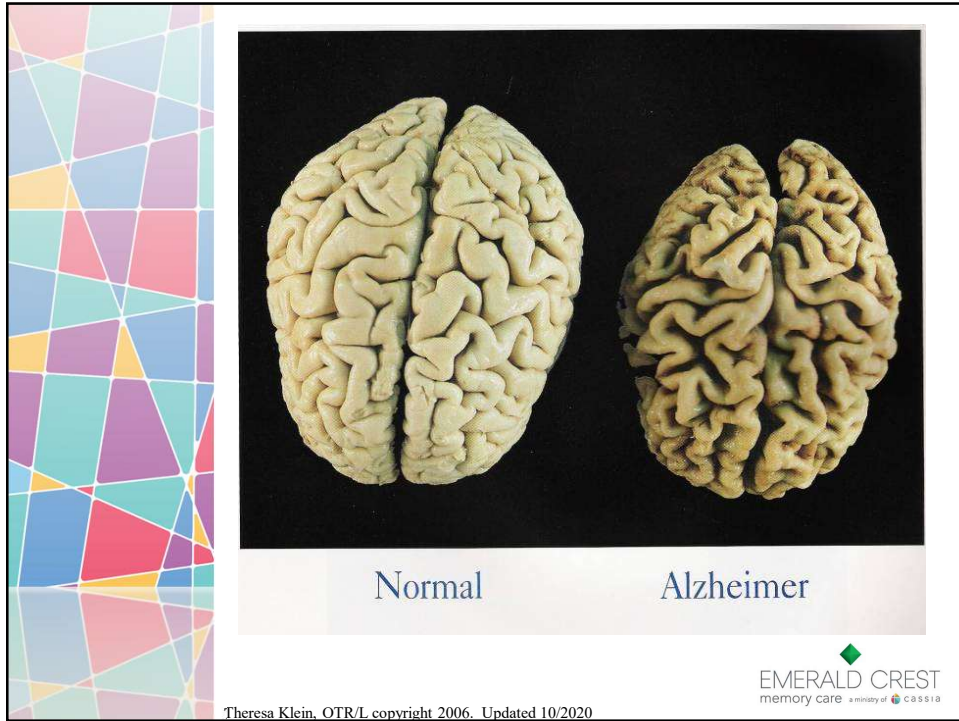
- Visit the doctor to determine what is causing the cognitive changes
- Rule out medical conditions such as:
 - Hearing or vision deficits
 - Hypothyroidism
 - Vitamin B12 deficiency
 - Oxygen deficiency
 - Uncontrolled diabetes
 - Depression
 - Medications
 - Infection

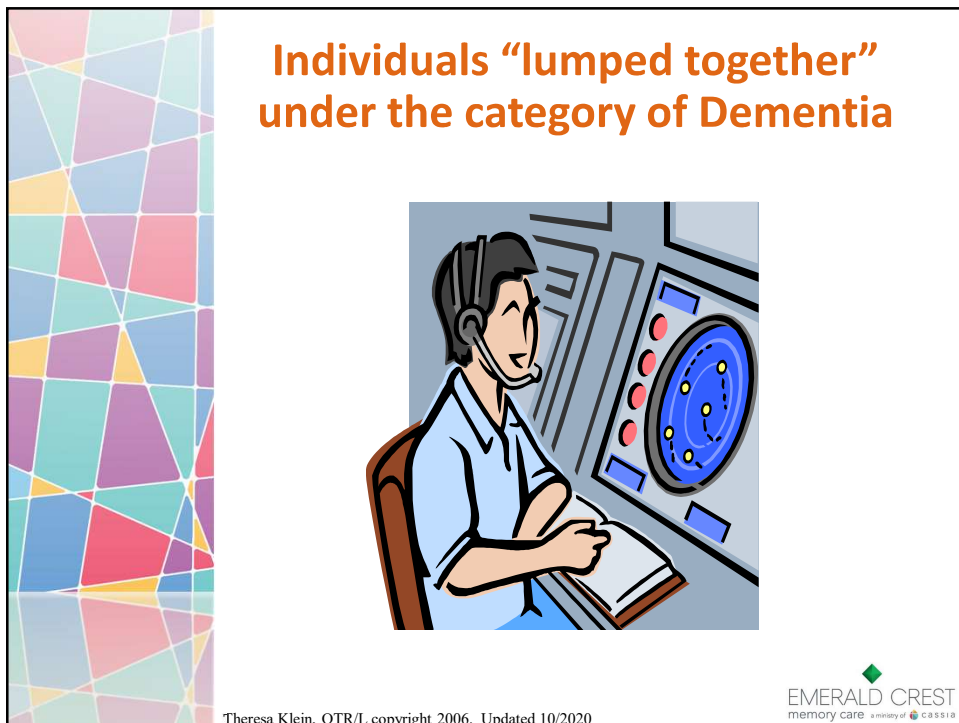
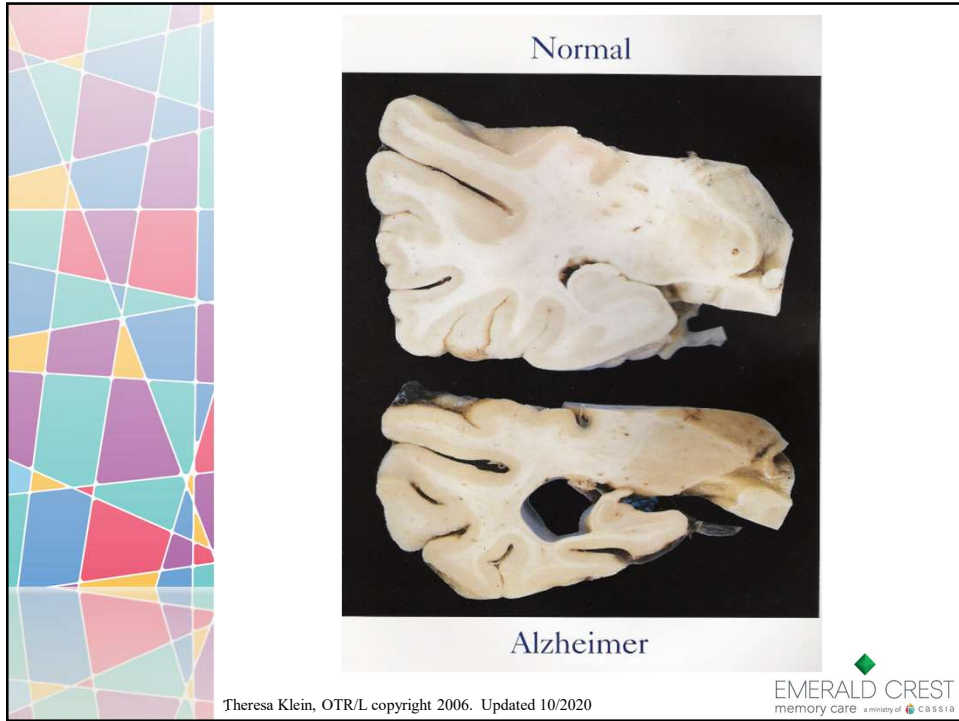


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Stages of Dementia

need to be considered when planning and providing dementia care





Early Middle Late

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Greater focus for accuracy and success in dementia care

Dementia Stage



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Resources for Dementia Care

- Educational organizations
- Support Groups
- Adult Day Programs
- Home Companions
- Home Care
- Memory Care Facilities



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Dementia>Stage>Level

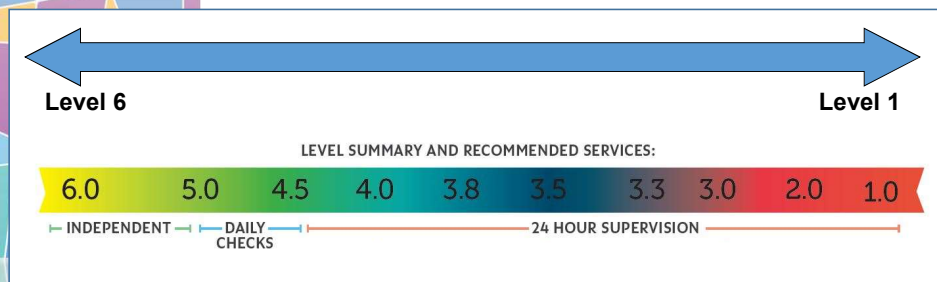


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Allen Cognitive Levels

- A numerical measurement
- Identifies individuals abilities and needs on a 6 point scale
- Guides recommendations



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Allen Cognitive Level 6 (Cognitive skills intact)

- Independent in:
 - IADLs
 - Daily cares
 - Cognitive skills
 - Abstract thought; symbols
- Can learn new information

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Maintain Your Brain Eat Healthy

- Eat foods that offer antioxidants (i.e. spinach, kale, broccoli, romaine lettuce)
- Limit bad fatty acids; increase input of good fatty acids
- Eat foods rich in folic acid (i.e. blueberries, OJ)
- Limit alcohol
- Drink water and fruit juices; limit caffeine



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Maintain Your Brain Stay Active

- Exercise
- Learn new skills
- Use your non-dominant hand to complete activities



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Maintain Your Brain

Maintain Relationships

- Socialize
- Outings
- Clubs/groups, regular events



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Maintain Your Brain


Rest and Relaxation

- Sleep replenishes body and brain; May assist in maintaining brain function
- “Slow down”; Limit/balance stress
- Find a hobby
- Meditate; time alone
- Listen to music
- Journal



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Allen Cognitive Level 5 (Mild Cognitive Impairment/Early Stage Dementia)

- Independent in daily cares
- Subtle problems with memory may be noted.
- Assistance may be needed with:
 - IADLs; finances, driving
 - Select cognitive skills require increased attention
 - organizational skills, decision making
- Can learn new information


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Early Stage Dementia Interventions and Recommendations

- Community resources and interventions
- Plan for future
- Regular monitoring (i.e. finances, driving, medications, nutrition)
- Modify environment (i.e. remove/secure throw rugs)
- Offer techniques for decreased memory (i.e. medication box, calendar, lists, memory book, etc)
- Provide extra time to complete daily activities/learn new information

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Allen Cognitive Level 4 (Middle Stage Dementia)

- Transitional stage
- Physically independent with daily cares
- Increased assistance needed with all cognitive skills
- Assistance needed to initiate/monitor quality of cares
- Notable memory loss is observed
- New information can be retained only after much repetition
- By the end of this level, most individuals' will require continuous supervision to assure safety

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Middle Stage Dementia Interventions and Recommendations

- Community resources and interventions
- Daily monitoring to promote safety and completion of daily cares
- Assistance of another to initiate and complete daily activities (i.e. medication administration, meals, transportation, set up supplies so visible, demonstration, etc)
- Repetition of and extra time to retain and apply new information
- Continued participation in daily routine (i.e. daily care completion, social interactions, opportunity for choice, trial and error problem solving)
- Modify environment (i.e. bath bench, downsize)

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Allen Cognitive Level 3 (Middle Stage Dementia)

- Assistance with all daily cares is needed
- Full assistance required with all cognitive skills is required
- Significant memory impairment is noted
- Unable to learn new information
- Difficulty with language skills is observed
- 24 hour supervision is required

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Middle Stage Dementia Interventions and Recommendations

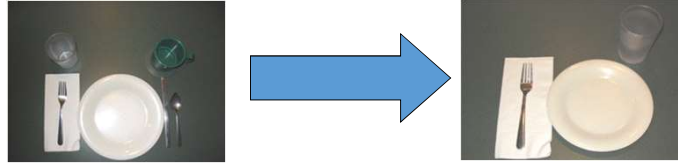
- 24 hour based care in home or within a facility
- Partner with the individual to complete cares
- Caregiver fills in the missing pieces or gaps
- Allow individual to assist with as much of the daily activities as able



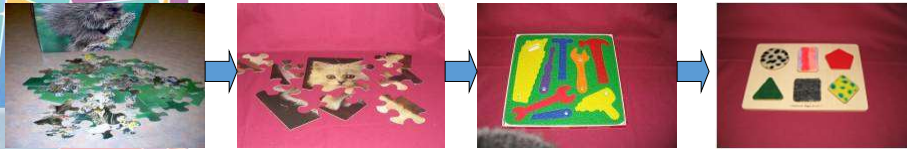
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Middle Stage Dementia Interventions and Recommendations



Short sentences → Step-by-step directions → 1 word directions → Physically guide



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Middle Stage Dementia Interventions and Recommendations



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Middle Stage Dementia Interventions and Recommendations

8:30 am - 9:15 am	Breakfast
9:30 am - 9:45 am	Morning Greeting
9:45 am - 10:15 am	Movin' and Groovin'
10:15 am - 10:45 am	Choir Time
10:45 am - 11:00 pm	Coffee Time
11:00 am - 12:00 pm	Time to Rest the Eyes or Plenty O' Puzzles
12:00 pm - 1:00 pm	Lunch
1:00 pm - 1:30 pm	Pumping Iron
1:30 pm - 2:00 pm	Music In The Round
2:00 pm - 2:30 pm	Food, Facts, and Fun
2:30 pm - 2:45 pm	Bible Stories
2:45 pm - 3:00 pm	Coffee Time
3:15 pm - 3:45 pm	Around the World
3:45 pm - 5:00 pm	Time to Rest The Eyes or A Little Bit of Paradise
5:00 pm - 6:00 pm	Dinner
6:00 pm - 6:30 pm	Movin' and Groovin'
6:30 pm - 6:45 pm	50 Nifty United States
6:45 pm - 7:00 pm	Choir Time
7:00 pm - 7:30 pm	Old Time Games
7:30 pm - 7:45 pm	Evening Snack and Blessing
7:45 pm - 9:30 pm	Time to Rest the Eyes or Back to Nature Videos

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Allen Cognitive Level 2 Late Stage Dementia

- Dependent in cares, but can assist
- Significant impairment of all cognitive skills
- Loss of language skills
- Decrease in motor and visual/perceptual skills
- No longer recognize familiar people or objects
- 24 hour supervision is required

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Late Stage Dementia

Interventions and Recommendations



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Allen Cognitive Level 1 (End Stage Dementia)

- Limited time spent in this level
- Totally dependent in all cares; All basic needs met by caregiver
- Generally spend more time in room/bed than in common area
- Limited verbal or social interactions

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End Stage Dementia Interventions and Recommendations

- Hospice Services
- Comfort Care
- Support to family and friends



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Where to start...

- Become educated
- Seek evaluation
- Obtain Support
- Utilize community resources
- “Maintain your brain”



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Thank You!

Up Next:

◆ PART II
Wednesday,
Nov. 9, 2022
10 am

Dementia and Adult Day Services

Adult day services have become an excellent resource and respite for those caring for someone with dementia. Our speakers will describe a member's typical daily schedule, along with additional benefits and services available to them. We'll also discuss the many benefits caregivers receive through adult day services, including respite, health management, consulting and so much more. *Session co-sponsored by Open Circle Adult Day Services.*

To Register Online: EmeraldCrest.com/zoom3

Link to participate in Zoom available after registration is complete. A reminder email will be sent within 24 hours of session.

Questions? Contact Christine Drasher at 952-856-7521 or Christine.Drasher@CassiaLife.org

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