

BEST PRACTICES FOR DEMENTIA PROGRAMS

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OUR PHILOSOPHY OF CARING

■ **VAN DYK PARK PLACE**

- ***“FAMILY CARING FOR FAMILY”***
- **EXCEEDING THE EXPECTATIONS TO THOSE WE SERVE.**

■ **REFLECTIONS NEIGHBORHOOD**

- ***“TEAM CAREGIVING”***
- **OUR STAFF PROVIDES A FAMILY-LIKE ATMOSPHERE MEETING THE PHYSICAL, EMOTIONAL AND PERSONAL NEEDS OF OUR RESIDENTS**

OUR HISTORY / OUR VISION

- **SINCE 1953, THE VAN DYK FAMILY HAS PROVIDED DISTINCTIVELY DIFFERENT APPROACHES TO MEETING THE HOUSING AND CARE NEEDS OF SENIORS**
- **IN THE MID 1990'S, BOB VAN DYK HAD A VISION TO UNIQUELY COMBINE ASSISTED LIVING WITH SECURED DEMENTIA UNITS**

THE VAN DYK FAMILY TODAY

- **VAN DYK PARK PLACE**
- **VAN DYK MANOR OF RIDGEWOOD**
- **VAN DYK MANOR OF MONTCLAIR**
- **VAN DYK AT BALD EAGLE COMMONS**
- **AT HOME WITH VAN DYK**
- **LIFE PHYSICAL THERAPY**

OUR APPROACH

- **RESIDENT FOCUSED**
 - **MEETING THE COMPLEX NEEDS OF OUR RESIDENTS THROUGH INDIVIDUALIZED CARE PLANS FOR RESIDENTS**
 - **SUPPORT FOR FAMILIES BY PROVIDING A BRIDGE BETWEEN FAMILY MEMBERS AND THE RESIDENT IN OUR CARE**
 - **REGULAR IN-SERVICE TRAINING FOR CAREGIVERS FOR CONTINUOUS IMPROVEMENT**
 - **OVERALL PROGRAM IS CONSTANTLY REVIEWED FOR CONTINUOUS IMPROVEMENT**

OUR REFLECTIONS NEIGHBORHOOD

- **LOCATED ON THE THIRD FLOOR OF PROPERTY**
- **22 RESIDENT ROOMS**
- **KEY PAD ENTRY/EXIT**
- **NOSTALGIC SEASHORE THEME**
- **WARM, INVITING, SPACIOUS COMMON AREAS – INCLUDING TWO LARGE LOUNGES**
- **PRIVATE OUTDOOR PATIO**

THE ASSESSMENT PROCESS

■ NEW RESIDENT

- CLARIFY A POTENTIAL RESIDENT'S DEMENTIA NEEDS WITH FAMILY MEMBERS**
- TOUR OF THE DEMENTIA NEIGHBORHOOD**
- INTRODUCE TO COORDINATOR AND STAFF TO ADDRESS QUESTIONS**
- NURSING ASSESSMENT ON-SITE TO DETERMINE IF PERSON IS APPROPRIATE FOR THE DEMENTIA NEIGHBORHOOD OR OUTSIDE LOCATION**
- SUPPLEMENTAL ASSESSMENT CONDUCTED PRIOR TO MOVE IN, WHICH INCLUDES RN, NEIGHBORHOOD COORDINATOR AND RESIDENT , TO ENSURE ALL NEED REQUIREMENTS ARE ADDRESSED**

THE ASSESSMENT PROCESS

■ TRANSFER RESIDENT

- DECLINE IN COGNITIVE ABILITY IS IDENTIFIED**
- INITIAL MEETING IS SCHEDULED WITH FAMILY MEMBERS TO ADDRESS CONCERNS**
- QUESTIONS REGARDING DEMENTIA ARE ANSWERED AND RESOURCES FOR FURTHER INFORMATION ARE PROVIDED**
- ACTIONS ARE TAKEN TO SECURE THE SAFETY OF THE RESIDENT**
- A SECOND MEETING IS SCHEDULED AS PROGRESSION CONTINUES**
- A TOUR OF THE DEMENTIA NEIGHBORHOOD IS GIVEN**
- IF DECISION FOR TRANSITION IS MADE, ASSESSMENT IS GIVEN AND THE RESIDENT IS SLOWLY INTEGRATED INTO THE DEMENTIA NEIGHBORHOOD.**
- IF THE DECISION BECOMES DELAYED, 'DAY-TRIP' FOR DAY ACTIVITIES WITH PRIVATE OVERNIGHT CARE IS AN OPTION**

CARE NEEDS

- RESIDENT CARE PLANS
- RESIDENT ROUTINE
- WANDERING AND BEHAVIOR MANAGEMENT
- FALL PREVENTION
- PAIN MANAGEMENT
- NUTRITIONAL SERVICES
- END OF LIFE

RESIDENT ROUTINE

- 6 AM – 8 AM – AM CARE
 - 8 AM – 9 AM – BREAKFAST
 - 9 AM – 10 AM – RESIDENT CARE
 - 10 AM – 11:30 AM – ACTIVITIES
 - 11:30 AM – 12 PM – RESIDENT CARE
 - 12 PM – 1 PM – LUNCH
 - 1 PM – 2 PM – RESIDENT CARE
 - 2 PM – 4:30 PM – ACTIVITIES
 - 4:30 PM – 5 PM – RESIDENT CARE
 - 5 PM – 6 PM – DINNER
 - 6 PM – 10 PM – RESIDENT CARE, EVENING SOCIAL TIME
 - 10 PM – 6 AM – RESIDENT CARE
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- 10:15 AM – HYDRATION
 - 3 PM – SNACK
 - 7 PM - SNACK

DEMENTIA AWARENESS

- **ASSISTED LIVING EMPLOYEES**
- **ASSISTED LIVING RESIDENTS**
- **LOCAL COMMUNITY – HOSPITALS AND EMERGENCY SERVICES**
- **ALZHEIMER'S ASSOCIATION**
- **ALZHEIMER'S SUPPORT GROUPS**
- **DEMENTIA NEIGHBORHOOD CAREGIVERS AND SUPPORT STAFF**
- **DEMENTIA NEIGHBORHOOD FAMILIES**

DEMENTIA AWARENESS

■ DEMENTIA NEIGHBORHOOD

- FAMILY MEMBERS ARE PROVIDED WITH ALZHEIMER'S INFORMATION IN ADDITION TO INFORMATION ABOUT OUR MISSION, STAFF, MEAL/SNACK TIMES, MEDICAL ASSISTANCE, ACTIVITIES AND CONTACT INFORMATION**
- MONTHLY ACTIVITIES CALENDAR IS SENT TO FAMILY MEMBERS**
- COMPASSION CONNECTION – A SOCIAL AND SUPPORT GROUP FOR FAMILY MEMBERS**
- FAMILIES ARE INVITED TO PARTICIPATE IN DAILY AS WELL AS SPECIAL COMMUNITY PROGRAMS**

SOCIAL AND LEISURE ACTIVITIES

■ REFLECTIONS NEIGHBORHOOD

- INTERACTION IS THE MOST IMPORTANT ASPECT OF DAILY LIFE IN THE NEIGHBORHOOD**
 - BOARD GAMES, BINGO, CARD GAMES**
 - MEMORY RECALL GAMES**
 - EXERCISE**
 - COOKING, ARTS AND CRAFTS**
 - BEAUTY TIME**
 - THEME DAYS**

■ OUTSIDE THE NEIGHBORHOOD

- OUTDOOR ACTIVITIES ADD TO RESIDENT'S QUALITY OF LIFE AND ARE A MAJOR COMPONENT OF 'LIVING IN THE MOMENT'**
 - ZOO AND PARK TRIPS**
 - PICNICS**
 - SCENIC RIDES**
 - BOWLING**
 - SHOWS AND MOVIES**

EVALUATION AND SUSTAINABILITY OF BEST PRACTICE

- **THE SUCCESS AND EFFECTIVENESS OF OUR DEMENTIA PROGRAM AND SERVICES MUST BE EVALUATED ON A DAILY BASIS**
 - **THE SUSTAINABILITY OF OUR RESIDENTS IN OUR NEIGHBORHOOD GIVES A GOOD INDICATION IF CURRENT PROGRAMS AND SERVICES ARE CONTRIBUTING TO RESIDENTS RESIDING WITH US FOR AN EXTENDED PERIOD.**

- **ASPECTS OF CARE THAT ARE CONTINUALLY MONITORED AND USED FOR PROGRAM EVALUATION**
 - **HOW THE RESIDENT APPEARS**
 - **DAILY ASSESSMENT AND ADDRESSING HEALTH BOTH PHYSICAL AND PSYCHOLOGICAL**
 - **MONITORING DAILY NUTRITION AND DAILY LIVING ASSISTANCE**
 - **ARE WE DOING OUR BEST FOR THE RESIDENT?**
 - **WHAT CAN BE DO BETTER TO MANAGE THE RESIDENT'S CARE?**

MAKE THE MOST OF RESOURCES

- **STAFFING**
- **ACTIVITY COORDINATOR**
- **OPTIMUM SPACE UTILIZATION**
- **DAILY HOUSEKEEPING**
- **ACQUIRING NEW RESOURCES**
 - **PROVIDE SOUND JUSTIFICATION**
 - **RE-INVENT CURRENT RESOURCES INTO SOMETHING NEW**
 - **NEVER GIVE UP ON MAKING A CHANGE**

SOME FINAL THOUGHTS...

- **WHEN CARING FOR THOSE WITH DEMENTIA**
 - **EVERY DAY IS DIFFERENT**
 - **NEW CHALLENGES NEED TO BE FACED EACH DAY**
 - **FIND THE HUMOR IN SITUATIONS**
 - **REMEMBER THAT YOUR RESIDENTS ARE LIVING IN THE MOMENT AND YOU ARE LIVING IN THE MOMENT WITH THEM**