

Life Guidance® Memory Care  
ATRIA SENIOR LIVING.



Throughout our lives, we all encounter challenges. But with persistence, creativity and support from others, we can work around these obstacles and find ways to do what is important and enjoyable to us.

A woman with autism can be a best-selling author.

A man who is blind can climb Mount Everest.

**A person with dementia can continue to live an engaging, meaningful and joyful life.**

Still, it is our choice. We can give it our best effort, or we can settle for less.

Life Guidance is for individuals and their families who choose to take on the challenges presented by dementia and raise their expectations for well-being.

The realities of dementia can be frustrating and overwhelming. But the rewards of working through these challenges, moment by moment, are priceless.





**Our intimate, structured setting** allows specially trained staff to provide more personalized care and attention.

**Our welcoming, vibrant neighborhood** features comfortable amenities and secure outdoor spaces.

**Our Engage Life® events program** uses a whole-person approach in offering abundant opportunities tailored to personal interests.

**Our Culinary Excellence program** provides fresh menu selections and encourages residents to dine family-style with their neighbors.

**Life Guidance offers an innovative approach to memory care, backed by industry-leading quality standards.**

**Our Quality Enhancement program** requires at least one unannounced review of our community each year, based on standards which often exceed state requirements.

**Our caring staff** receives extensive, specialized training in dementia care – including a stringent orientation program and at least 25 hours of mandatory additional training each year.

**Our ongoing research and program development** with partners like David Troxel – internationally recognized Alzheimer's expert and author of *A Dignified Life: The Best Friends Approach to Alzheimer's Care* – help us identify and implement innovative approaches for providing the most effective care.

At Atria, we promote healthy, active aging for everyone in our community, and that standard is consistent in our Life Guidance neighborhood.

We were invited to present our approach at the Alzheimer's Disease International Conference, and it's an idea that is becoming more accepted in the field.

## What's good for people living with dementia is what's good for all older people: engagement.

Through our signature Engage Life events program, we create a dynamic yet structured schedule of events tailored to reflect our residents' unique interests and abilities. Each month's calendar features abundant opportunities across eight dimensions of engagement to keep mind, body and spirit active.

Equally important is our flexibility for the unstructured moments. By committing ourselves to learning each resident's unique life story and communicating in depth with their family, we can come to understand the actions and behaviors we cannot plan for, and develop solutions that work for everyone.


While these unstructured moments can present the greatest challenges, they can also present the greatest opportunities.



ENGAGE LIFE.

 Lifelong Learning


 Health & Fitness

 Entertainment & Fun

 Connection

 Civic Engagement

 Creative Expression

 Personal Achievement

 Inspiration & Spirituality



To help people living with dementia achieve greater well-being, we provide a safe, secure environment and excellent care. But that is only the beginning.

We help residents succeed in meaningful roles and celebrate their individual achievements. We encourage them to be physically active, dine with their neighbors and participate in events.

**We treat each person first as the individual they are, then as a person with a disease.**

Since well-being is directly connected to having a sense of choice and control in one's life, we encourage residents to make choices with help and prompting from our staff. We maintain an intimate, structured environment to minimize distractions that can make choices seem overwhelming.

We do not minimize people by placing labels on them; rather, we maximize them by discovering ways they can continue to be and feel like themselves. The disease does not define the person.

There are hard truths about being a caregiver for a person living with dementia, not the least of which is guilt about balancing your own needs and theirs. So, consider that your family member isn't the only one who can benefit from Life Guidance.

## Family caregivers can experience improvements in their own health and well-being, too.

You'll start to experience less of the physical and emotional stress of being "on duty" 24/7. Less worry about taking too much time off from work and risking your financial security. Less dread every time the phone rings.

Yet so many people remain reluctant to move their family member from their home, fearing that changing their environment will only make things worse.

But research continues to support the case that people living with dementia can benefit greatly from community living, compared with the relative isolation of home. And the comforts of our Life Guidance neighborhood offer a positive alternative to a nursing care setting for otherwise healthy people living with dementia.



We're here to help you make the best decision for your family. Contact us if you have questions or need additional support.