



Maintaining Social Relationships

Maintaining social and family relationships are key elements in determining quality of life for seniors in our memory care community. Happiness is greatly determined by these social relationships and keeping a network of people whom you enjoy spending time with and relating to. Factors of individuals living on their own with dementia that may contribute to a reduced quality of life include loneliness, isolation, and reduced social contact. This can be attributed to life changes and events including dementia diagnosis, retirement, loss of a loved one or other relationships, declining health and disability, and mobility restrictions without the support or resources required.

With the countless at-home evaluations that my coworkers and I have done over the years in local communities, we have seen (more often than not) senior neighbors exhibiting high levels of isolation, social withdraw, anger, aggression, and loneliness. Some seniors living in the community with dementia rarely leave their homes, engage in hobbies, or show optimism in their daily lives. They rely heavily on spouses or children to assist them in their daily needs and cares. Some of the benefits I have witnessed from residents moving to a senior community that specialize in dementia care include an increase in their participation and involvement in group and social activities, more interest in hobbies or things they once loved doing, an improved sense of self, increased positivity in engaging with others, smiling more/less depressive symptoms, and even becoming more talkative and vocal with staff and family members. This is very encouraging to our staff and visitors and provides residents with a newfound and purposeful quality of life.

HOPE
for Dementia is here

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With our current memory care residents at Waterford Place, our staff are so supportive and walk right along with them and their families in making them feel comfortable and at home in new and various ways, while acclimating to the resident's preferred routine and schedule. This is what we focus on to create a tailored living specific to them and who they are.

Written by: Jenna Borgia, LLMSW

Montessori Approach to Caregiving

Waterford Place Memory Care embraces a Montessori approach of care that allows residents to rediscover the world around them through engaging their senses. Three key elements of this approach include giving people meaningful roles, modifying the physical environment for wayfinding, and filling the environment with fun and meaningful things to do and giving people access 24 hours a day.

The first key provides residents with the opportunity to care for the environment, care for oneself, and care for others. Residents have the opportunity to engage in purposeful tasks such as setting the table, delivering mail, or folding clothes. Engagement in these previous roles enhance residents' self-esteem, self-reliance, and independence (Brush & Norris, 2017). The second key focuses on modifying the environment by providing cues to help them find their way. All staff and residents are given name tags to wear that are easily visible and readable. This allows residents and staff to greet each other by name and fosters a sense of community. Signs are also placed strategically throughout the neighborhoods to promote and cue residents where they are in a certain space. These signs also serve a purpose that relates to the last key element of filling the environment with fun and meaningful things to do. Activities and materials, with a corresponding sign, are placed throughout the neighborhoods to be easily accessed by residents. Examples of these include: "please put together the puzzle" or "please match the socks". By utilizing the Montessori method of caregiving, Waterford Place Memory Care is able to provide a nurturing and dignifying environment to the residents that supports their hobbies, interest, and roles in their lives.

Written By: Kaitlyn Mulvey, CTRS



Waterford Place Memory Care integrates SAIDO Leaning® with a Montessori based life style and an industry leading 6:1 direct care staffing ratio.

Questions? Would you like a tour?

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Waterford Place
Memory Care