Residential Plaza's Memory Care Program

Caring for the most vulnerable

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At Residential Plaza's Memory Care Program, we provide affordable 24-hour specialized care, based on the Montessori for Aging and Dementia Program, in a home-like environment for adults with Alzheimer's disease and dementia-related disorders.

What does it mean that the Memory Care Program is based on the Montessori for Aging and Dementia Program?

The Montessori for Aging and Dementia Program combines Dr. Montessori's philosophy of learning and living with what we know about aging and dementia care best practices. It is not a technique, task, or intervention. It's a way of living.

Who was Maria Montessori?

- Maria Montessori was an Italian physician and educator celebrated for her educational method that builds on the way children naturally learn. She was an innovator, feminist, and idealist.
- Born on August 31. 1870, in Italy. At age 13, she entered an all-boys technical institute to prepare for a career in engineering.
- She decided to become a doctor instead. She applied to the University of Rome's medical program but was rejected. As a result of additional study and great effort, she gained admittance.
- She was appointed co-director of a new training institute for special education teachers.
- She opened a childcare center in a poor inner-city district. This became the first Casa dei Bambini. The children were difficult to manage at first but soon showed great interest in working with puzzles, preparing meals, and using materials centered around math lessons.
- She observed how the children absorbed knowledge from their surroundings, essentially teaching themselves. She designed learning materials and a classroom environment that nurtured children's natural desire to learn through scientific observation.

Montessori Philosophy

- Respect the person
- Observe to learn about the person
- Encourage independence
- Provide meaningful work
- Remember that learning and engagement can occur anywhere

OUR GOAL

To enable your family member to be as independent as possible, engaged in a meaningful life, doing things they love, with people they enjoy, in a supportive environment.

How do we do this?

- The care community is a "prepared environment" for your family member.
- Activities and roles are available that match the person's cognitive abilities.
- Materials are visually and physically accessible throughout the community.
- Care partners practice with elders to help them relearn previous roles or enjoy new ones. The more the elders do this, the better they get. Eventually, they can do most or all of it on their own.
- Activities and roles have meaning and purpose. For example, someone can set the table for meals to help the community or play cards with another for socialization and pleasure.
- Activities and roles happen as a normal course of the day, just like they would if the elder lived at home. The result is a flow of the day during which people are doing different chores and hobbies on their own or in small groups. Montessori isn't a specific time.
- Elders choose materials freely that respond to their own internal needs.
- Sometimes, staff need to invite or remind elders to join an activity or participate in a role.
- Elders are encouraged to repeat activities and develop routines. That helps the elder know what to expect next and to be more independent.
- Elders are encouraged to do as much for themselves as possible. During care, care partners take their time to pomote independence. They use task breakdown and give directions one small step at a time so the elder can be successful.

How can friends and family members contribute?

1. Family members:

a. Complete your family member's Social Assessment with your assigned Case Manager.

- We want to learn about previous and current roles and activities.
- Let us know how your family member would like to spend their time.
- We will identify any support needed for your family member to succeed.

b. Provide all the information and pictures requested by your assigned Case Manager to complete the Memory Book.

2. We create a prepared environment.

- Elders are encouraged to move often.
- We provide materials that support the person's social, emotional, cognitive, or spiritual needs.
- Materials are arranged in an orderly manner. with everything labeled and well cared for.
- Elders have easy access to the outdoors, and care partners bring the outside in whenever possible.
- There are many opportunities for socialization.
- There are signs and memory books to support those with memory impairment.

3. We engage your family member in all the daily events of the community.

Elders engage in many roles:

- Setting the table
- Wiping the table
- Sweeping the floors Dusting
- Folding their own laundry
- Folding kitchen towels
- Watering the plants
- Reading to others
- Greeting new residents
- Making their beds
- Reading a blessing at meals

Elders engage in many activities:

- Matching
- Sorting
- Games
- Puzzles
- Music
- Exercise
- Reading
- Memory Books