



Richfield Living



Just the Facts
Your Guide to Memory Care



An Alzheimer's diagnosis is likely one of the last things you want to hear for your loved one. The words can spark fear, confusion, and a profound sadness but there is hope.



You loved one can still experience purpose and joy and independence *in the right place*; giving you all the opportunity to continue making the most of life. By now you've likely heard the term 'memory care,' but what is it exactly? Does your loved one need it right now? What can you expect? How do you pay for it? And how can it enrich your loved one's life?

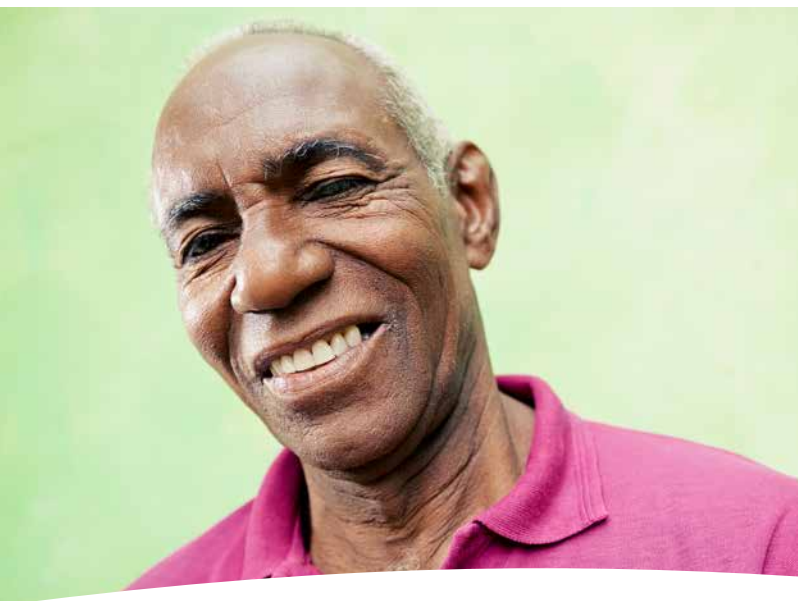
We can help. In this guide we'll answer each of those questions and give you the tools to focus on what's most important; making sure your loved one finds that right place and that you *all* have the right support.

Memory Care Communities Defined

Memory care communities are specifically designed to nurture those with Alzheimer's disease and dementia with 24-hour supervised care. Senior living communities that offer memory care do so with specially trained staff that provides individualized support in a safe environment with opportunities for your loved one to find purpose and joy.

That being said, not all memory care communities are alike. Some may offer more or less and/or have areas in which they specialize. However, in a typical memory care community you'll find basics such as:

- A private or semi-private apartment
- Meals and snacks
- Medication management
- Personal care
- Cognitive and physical therapy
- Fitness programs
- Social activities
- Housekeeping and laundry services



SPECIAL TRAINING FOR MEMORY CARE STAFF

Training for staff in memory care goes beyond assistance with daily living tasks such as bathing, grooming and dressing to include a deeper understanding of dementia and its effects on the brain, how to care for the specific needs of those with Alzheimer's and other dementias, techniques for managing challenging behaviors and effective communication strategies.

For example, all Richfield staff members are required to meet the Department of Social Services ongoing dementia training. In addition, we also embrace renowned dementia care expert Teepa Snow's Positive Approach™ to Care with this training initiated in orientation and provided to all direct patient care providers in a three part series; Part I -Dementia overview and brain changes, Part II- Using Positive Physical Approach™ to connect with a person living with dementia, and provide assist with Hand under Hand™, and Part III- Dementia Staging, understanding changing states of dementia and learn to match remaining abilities with the support necessary to empower our residents' continued engagement through tasks, and by integrating their preferences into daily life.



When is it Time for Memory Care?

Ultimately, determining that your loved one needs more care than can be provided at home is a decision only your family can make with your loved one living with dementia. There are however, indicators that suggest it may be time for a more advanced level of care. Examples include:

Safety Issues

Dementia-proofing the home is becoming more difficult as your loved one begins wandering, confusing night and day, struggling to use appliances safely, setting the thermostat extremely hot or cold, and in general, losing their judgement to make safe choices. They may also be getting lost more frequently when leaving the house, and/or locking the keys in the car or house.

Health Issues

Your loved one exhibits aggressive behaviors, problems with incontinence, decreasing mobility, inexplicable weight loss or gain, more frequently makes medication errors or forgets to bathe.

***Our Families Say It Best:
“We love it here.”***

It's also important to consider your loved one's emotional state when considering whether staying at home is in their best interest.

Ask yourself:

- Does your loved one seem depressed or isolated?
- Do they have enough social stimulation?
- Are they exposed to activities to strengthen cognitive functioning?
- Do caregivers know how to appropriately respond to agitation?
- Is your loved one's life as rich and full as it could be, despite their illness?



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Your Memory Care Options

When you and your loved one living with dementia decide that care is needed outside of the home, it's time to do your homework. The most common options are: a memory care neighborhood within an assisted living community or a stand-alone memory care community, which could be part of a large senior living campus with access to other types of care as well.

Memory Care within Assisted Living

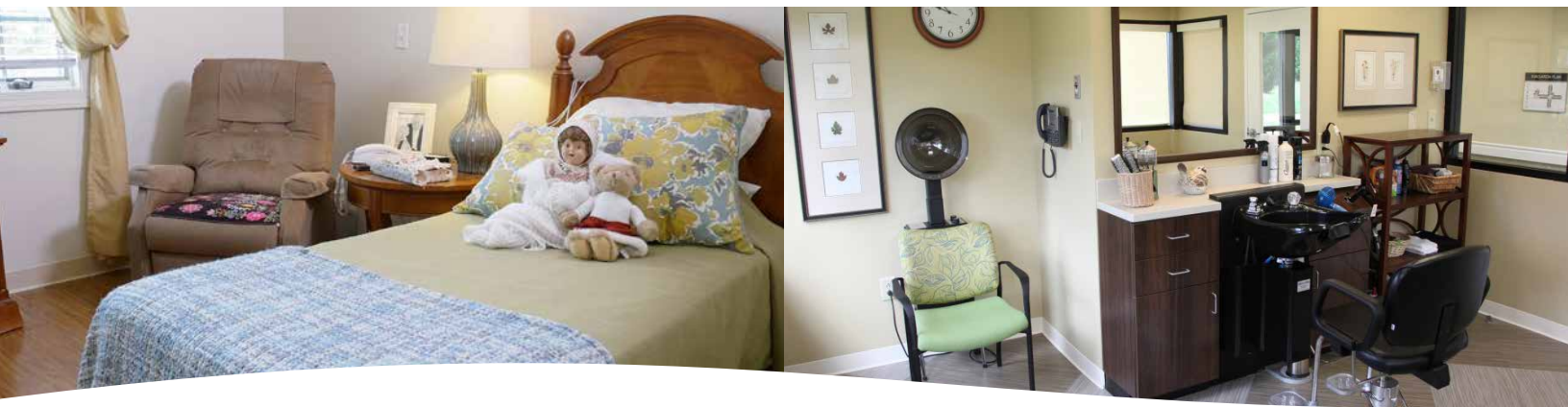
The memory care neighborhood of an assisted living community generally offers similar accommodations and services as a stand-alone environment including access to medical care, safety measures, wellness programs, social activities, three daily meals and specially trained staff. Advantages of choosing this environment include:

- The ability to start in traditional assisted living and transition into memory care as needed.
- A solution for couples that want to remain close when one person has dementia and the other does not — they can remain together without the burden of caregiving.
- A smaller neighborhood, the resident count is usually less.
- Access to assisted living amenities and programs.

Stand-Alone Memory Care

However, stand-alone memory care is designed for those with dementia alone. Everything in the community has the specific needs of these seniors in mind including:

- A layout that is easier to navigate and more secure in order to prevent wandering.
- Specific color and lighting usage to create a calm, relaxed environment.
- A familiar daily structure, often with the same caregivers.
- A lower staff to resident ratio for more individualized care.





Finding the Best Fit for Your Loved One

Keep these questions in mind as you tour communities:

- What level of personal assistance can residents expect?
- What are the qualification requirements for the staff?
- Are staff members offered additional or continuous training opportunities?
- What is the staff-to-resident ratio both day and night?
- What are the monthly costs for housing and care, and what services are included in those costs?
- Are the rooms private or semi-private, and what are the differences in cost for each?
- How is the community secured?
- What about special dietary restrictions or requests?
- What programs (exercise, physical therapy, social and other activities) are offered?
- Do you accommodate special needs, such as diabetic care, mobility issues, aggressiveness or wandering?
- How are the residents with differing cognitive ailments grouped together?
- How do you handle medical emergencies?
- How often are housekeeping and laundry service provided?
- How often do residents leave the community for outside activities?
- How often can friends and family visit?
- What's the best way for friends and family to receive updates on a loved one's well-being?
- What is the policy for discharging a resident from the community?

Dementia Affects the Whole Family

Support your loved one not only by visiting them and keeping in close contact with the community; you can also continue to educate yourself on Alzheimer's and dementia to be even more empowered and confident in planning for their future through resources such as the Alzheimer's Association (alz.org).

Your memory care community can be a great source of support for you by partnering with you in your loved one's care and helping you to better understand dementia's effect on brain function and behavior. They may even have a support group hosted at the community.

Our Families Say It Best:
"Our loved one is doing so much better here. She is more involved in living life now."

Enriching the Life of Your Loved One

At its core, memory care strives to improve quality of life and help to maintain individuality and independence for as long as possible. A key component in doing that is through enrichment programs that support purposeful and active living.

Daily Life in Memory Care

You can expect daily activities for your loved one that include sensory stimulation, cognitive therapies, physical and occupational therapies and exercise. Social engagement is also a focus so you'll find numerous opportunities for your loved one to interact as well. These activities offer a balance of physical, cognitive and social engagement for residents to enjoy throughout their day.



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Unique Therapies

Music and/or art therapy may also be used as research has shown they are beneficial in helping to reduce aggression and agitation for those with Alzheimer's disease and dementia. For example, Richfield offers a partnership with the Roanoke Symphony Orchestra Wellness Arts provides interactive music experiences in both our memory care neighborhoods (ALF and LTC).

Dining

Dining experiences in memory care provide nutritious options that are easy to chew and may include finger foods to promote independence in an intimate environment where your loved one can feel comfortable and relaxed. Steam tables are provided in the activity room on each floor for resident's to encourage socialization while enjoying food and dining services. Or, with Resident's Choice they may order from a menu for the day, rather than get a tray delivered to their room. Dining assistance is also often available.

Out and About

The restorative effects of nature on our mental, physical and emotional well-being are widely known. That's why we make it a priority that our memory care residents continue to experience its full impact. From outings to direct access to outdoor spaces with gazebos and sitting areas, we try to incorporate nature in any way we can.

"It's Never 2 Late" for Technology

Richfield uses It's Never 2 Late (iN2L), a state-of-the-art system that helps memory care residents connect, engage and enjoy life through technology. It features a large, colorful, picture-based touch screen interface allows users to easily participate in a variety of engaging, educational, spiritual and personalized content that's appropriate for their level of ability.

The Cost of Memory Care

According to the Alzheimer's Association, the average monthly cost for memory care in the United States is \$5,000. The cost for memory care does vary greatly however, depending on geographic location, level of care and private versus semi-private room, and as such can range from \$2,000 to \$7,000 per month.

And while the specialized care and support found in memory care is invaluable, how to pay for it is a major concern for most families. Fortunately there are options to help offset the cost.

Options that may help with the financial burden include:

Veterans Aid & Attendance Benefit - Wartime veterans or a surviving spouse with limited income may be eligible to receive a non-service connected pension to assist in paying for long-term care. Visit <http://www.va.gov/> to learn more.

Long-Term Care (LTC) Insurance – If your loved one already has LTC insurance this may help to pay for the cost of memory care by covering care that is typically not covered by health insurance, Medicare or Medicaid.

Life Insurance Conversion - A largely unknown option, anyone with an in-force life insurance policy can transform that policy into a pre-funded financial account that will disburse a monthly benefit to help pay for long-term care needs. And unlike life insurance, this account is a Medicaid qualified asset.





How to Prepare Financially

First, get the family together to discuss putting a financial plan in place. Talk about needs and goals as well as how to handle ongoing financial duties such as paying bills, managing benefit claims, making investment decisions and preparing tax returns.

Gather and organize financial documents for your loved one such as:

- Bank and brokerage account information
- Deeds and mortgage papers
- Insurance policies
- Monthly or outstanding bills
- Pension and other retirement benefits
- Social Security payment information
- Stock and bond certificates



Then, consider consulting a financial advisor and/or estate planning attorney who specializes in elder care and/or long-term care planning to discuss:

- Insurance options
- Pension, retirement benefits and personal property that may be potential income
- Programs in which your loved one is eligible
- Potential tax deductions
- Analyzing investment portfolio with your loved one's long-term needs in mind

WHY Richfield Living?

We believe that although the memory may be failing, the spirit can still flourish. That's why we bring patience and tenderness to our memory care with programs that are tailored to preserve as much independence as possible. Through our life enrichment programming and resident-directed approaches, we increase quality of life, help to maintain dignity and empower success.

A Different View of Memory Care

To ensure a more homelike and nurturing experience, memory care at Richfield features a household model with private rooms and private baths clustered around a shared living space that includes a full 'house' kitchen, comfortable common areas and laundry room. Additional benefits include:

- Three distinct households from which to choose: Ivy Glen, Quail Run and Wisteria
- Stunning mountain views of Roanoke Valley
- Each household has its own front porch (access to outdoor courtyards)
- Security systems ensure resident safety
- "Made to order" breakfast
- Residents have the freedom to wake naturally and go to bed when they choose



Our Families Say It Best:

"The staff members are wonderful and caring."



Richfield Living

Everything You Need on One Beautiful Campus

Richfield Living is a not-for-profit senior living community located on 52 beautifully landscaped acres in Roanoke County, near the city of Salem. We've been serving the area for more than 80 years and offer a full continuum of care all on one campus: retirement living, assisted living, nursing care and memory care. This ensures our residents have the added convenience and peace of mind of being able to stay in the same community, with friends, familiar surroundings and continuity of care as health needs evolve.

***Our Families Say It Best:
"Thank you for taking
great care of my mom."***

To learn more or to arrange a personalized tour, please call 540.378.9772 today.



www.richfieldliving.com

