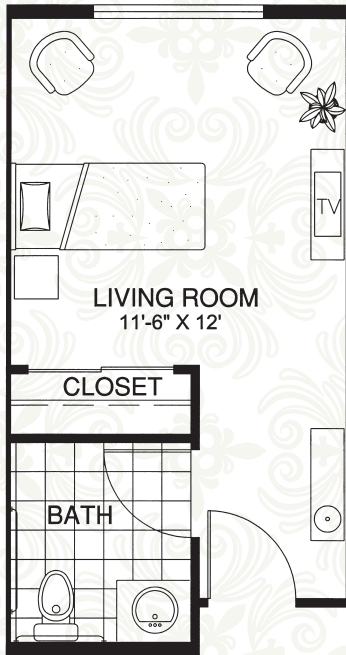
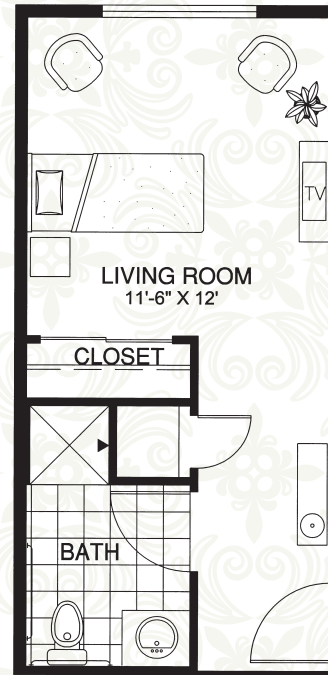


# Unit Plans

## Memory Care



**BLUEBELL**  
255 Sq. Ft.



**SUNFLOWER**  
303 Sq. Ft.



**AZALEA**  
320 Sq. Ft.



*This is an Equal Housing Opportunity Community which adheres to all State and Federal Fair Housing Laws.*



# Philosophy Of Care

## *Memory Care*

### Vision

**Heritage Senior Living's vision is to be the Midwest's premier provider of senior living services, transforming the industry through innovation in care, employee development and resident lifestyle enhancement. To achieve our vision we:**

- Strive to deliver the highest quality of care within every Heritage community
- Provide comprehensive and individualized care to each and every resident
- Meet and exceed both the cognitive and physical needs of our residents
- Create a comfortable lifestyle for seniors based on free choice, dignity and respect
- Promote innovation and centers of clinical excellence

### Philosophy Of Care

**We're collectively committed to the following five principles which serve as guidelines for all our programs and relationships.**

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#### *Independence*

Our programs emphasize self-reliance within a supportive environment which enhances the residents' quality of life and helps them to feel good about themselves.

#### *Individuality*

We customize our care programs to reflect the interests, abilities and preferences of each individual resident because each of us experiences the aging process differently.

#### *Privacy*

Residents maintain and decorate their own apartment with personal belongings. Apartment and mail keys are issued if requested, yet staff will always knock before entering.

#### *Choice*

Residents are encouraged to continue to make their own decisions. Our programs and care plans are designed to honor individual preferences by providing plenty of variety from entrée choices to the daily scheduling of care and activities.

#### *Dignity*

Our staff is committed to assisting residents in their personal needs such as bathing, dressing and toileting in a manner that is always sensitive to the resident's dignity.

# Resident Services

## *Memory Care*

Walk through the doors of one of our senior living communities and you will immediately sense the homelike and friendly atmosphere.

We offer personalized care and services to meet the needs of each individual resident. Well-trained and compassionate staff members are available 24 hours per day in addition to a reassuring emergency call system with personalized call pendants.



### *Wellness*

Personalized care plans are developed based on residents' needs, as well as medication management. In addition, Heritage offers a variety of services such as a visiting physician, podiatrist, audiologist, dentist, eye doctor, and therapy. *(services may vary per location)*

### *Culinary*

Our culinary program provides flexibility and choice for our residents. Mealtimes offer delicious and nutritious meals served restaurant-style. Private dining rooms are available for personal use.

### *Life Enrichment*

Daily planned activities are offered to nurture the mind, body and spirit and allow residents to socialize and remain active. Residents are able to choose from a variety of lifestyle activities including community outings.

### *Mobility*

Walking programs, advanced mechanical lifts, transitional therapy and a Falls Prevention program provide residents the help they need to maintain their quality of life.

### *Revitalize*

Relaxing spa services such as massage, reiki, aromatherapy, yoga, and tai chi help to revitalize the mind and body. *(programs may vary per location)*

### *Respite*

Short-term stays are available from 5-28 days offering a temporary break for one to regain strength prior to going home.

# Activity Programs

## *Memory Care*

### *All in a days work...*

At Heritage, residents have many choices on how they spend their day. We encourage residents to participate in personal and group activities throughout the day. We feel that residents benefit physically, socially, cognitively and emotionally from structured activities. However, we understand that everyone needs time alone and we offer the flexibility and support to accommodate both.

### **Here is what a typical day may look like:**

**7:00 a.m. to 10:00 a.m.**

Breakfast  
Household Activities (see below)  
Exercise/Coffee and Chat

**10:00 a.m. to 11:30 a.m.**

Recreation Program Activities (see below)  
Snacks/Current Events/Individual Activities

**11:30 a.m. to 2:20 p.m.**

Lunch  
Oshibari/Aromatherapy - Quiet Time/Rest Time

**2:30 p.m. to 6:00 p.m.**

Snacks  
Cognitive Stimulation Socials/Individual Activities

**6:00 p.m. to 7:00 p.m.**

Supper  
Household Activities/Recreation Activity Program

**7:00 p.m. to 8:00 p.m.**

Evening Snack

**8:00 p.m. to ?**

Personal Time/Household Activities  
Bedtime

**RECREATION PROGRAMS:** Entertainment & Music, Walking/Stretching/Exercising, Community Van Outings, Table Games, Pet Therapy, Variety of Religious Services, One to One Room Visits, Recreation, Cooking/Baking, Children's Visits, Reminiscing, Arts Program, Poetry, Aromatherapy, Hand Massage, Music Therapy, Current Events & News, Coffee Talk, Nature Walks, Sensory Box Stimulation, Socials, Documentaries, Cognitive Stimulation

**HOUSEHOLD ACTIVITIES:** Bed Making, Grooming, Sweeping, Personal Health and Hygiene, Setting the Table, Folding Laundry, Reading Mail, Getting Ready for Bed, Gardening

# The Move in Process

## *Memory Care*



## Move-In Process & Next Steps

- 1.) Reserve your apartment with a \$1,000 refundable deposit.
- 2.) Schedule an assessment from our clinical team to determine your care level.
- 3.) Complete and provide the necessary paperwork.

- Application and Confidential Financial Statement
- Copy of Pension, Savings Account
- Power of Attorney Paperwork for Healthcare and Financial
- Copy of Driver's License, Insurance Cards, Social Security Cards and Medicare
- Comprehensive Medical Report (Requires Recent Visit) and set up Local Doctor/Visiting Physician
- Negative TB Test within the last 90 days or Chest X-Ray within 1 Year
- DNR Paperwork with Wishes Indicated
- Security Deposit and First Month's Rent
- Life Story
- Admission Paperwork