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THE

# JOURNEY

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HOLISTIC MEMORY CARE BY BHI

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To support your journey through dementia, with meaningful living, joy and person-focused relationships.

# WHAT IS THE JOURNEY?

## Collaborative of All BHI Memory Care Facilities

- Best practices and policies from all communities implemented throughout all communities.

## Support Throughout the Journey of Dementia

- Move in transition to end of life support. Support for the resident, and the families of those affected by dementia.

## Holistic Approach to Memory Care

- Creating a supportive environment for Residents, families, friends and staff that considers all dimensions of wellness:
  - Health, Spirituality, Creativity, Activity, Normalization, Sensory, Nutritional and Intellectual.

## Policies & Procedures

- Family Style Dining
- Assessment Tools
- Staff Training Products – Dementia Live, CORE Dementia Care, Montessori Training
- Standardization of admission processes
- Service Plans
- Staff – positions, consistent assignments, orientation procedures
- Monthly Team meetings for training/sharing opportunities

# JOURNEY PROGRAM FEATURES

Education for staff beginning with orientation day including Dementia Live and ongoing education through CORE<sup>®</sup>

Qualified Memory Care Directors – Institute for Excellence in Memory Care or equivalent per state.

Monthly QAPI meetings to measure goals – antipsychotic medications; weight loss; census; staff training and shared new opportunities for growth and improvement

# CORE DEMENTIA CARE<sup>®</sup>

Ten Modules  
(2 hours each) and  
application  
assignments

Focus on care  
practices and self-  
care practices

Goal: 100% of  
memory care staff  
have completed  
training by end of  
2024

Facilitators at each  
Community

Master Trainer for  
BHI

2025 Adaptations  
for Family  
Education

2025 New  
Community  
Facilitators to be  
certified.

# CORE MODULES INCLUDE:

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Dementia – Disease

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Disturbances in Thought (memory, language, attention, organization, perception, logic and abstraction)

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Relationship between Confusion and Behaviors

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Sexual Health and Expression

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State of Ease and Engagement

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Progressions of Dementia

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Aligning Tasks with Abilities

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Person Centered Care and Planning

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Order and Support

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Reality and Meaning

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Trauma Informed Care

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End of Life Care

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Handling Difficult Conversations with Responsible Parties

# SELF CARE TRAINING INCLUDES:



*Journaling, Breathwork, Grounding  
Meditation*

*Somatic Awareness and Emotions*

*Triggers and Visualization*

*Stretching & Progressive Muscle Relaxation*

*Pressure Points*

*Meditative Music*

*Therapeutic Touch*

*Setting Intention*

*Nutrition, Hydration and Sleep*

# INTEGRATING MONTESSORI PRINCIPLES

- Normalizing a Resident's day to include opportunities for engagement in activities that are purposeful and familiar (setting/clearing the table, stations for engagement, such as fashion station; familiar household tasks (sweeping/dusting), matching, folding, sorting, etc.
- Aligning tasks with remaining abilities – independent, light assistance, verbal cues.
- Setting up activities/tasks for success – written directions, 1-1 guidance, independent
- Wayfinding – signage, pictures, directions

## RESIDENTS ENJOY DOING THINGS THEY KNOW AND UNDERSTAND

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- **Sorting coins becomes a fun task for former bank teller.**
  - **Small motor** – pincher
  - **Cognitive** – counting or sorting
  - **Memory** – professional life skill



# COMMUNITY BENEFITS OF THE JOURNEY

Day Programs for Caregivers

Monthly Educational Opportunities for  
Community Residents/Caregivers

Caregiver Support Groups- Alzheimer's  
Association; Facility Support Groups and  
Family Support opportunities.

Opportunities for community members to  
volunteer, visit and engage to reduce fear  
and stigma due to a dementia diagnosis.

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*To Enable Elders to be as Independent as Possible, Engaged in a Meaningful Life, Doing Things They Love, with People They Enjoy, in a Supportive Environment.*

Jennifer Brush

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