

Looking for QUALITY memory care for your loved one?

With so many options for memory care, how can you feel confident that you're making the right decision? **Use this checklist to compare the memory care communities in your area.** To help you get started, we've already checked the Greenspring column for you.

Name _____ Name _____

BUILDING DESIGN AND SAFETY

GREENSPRING _____

All private rooms to preserve privacy and dignity	✓		
Strategic use of colors to assist in way-finding	✓		
Open neighborhood design to encourage social interaction	✓		
Area outside each residence to express personality and assist with way-finding	✓		
Access to tranquil outdoor courtyard with gardens and walking paths	✓		

Name _____ Name _____

PERSON-CENTERED APPROACH TO CARE

GREENSPRING _____

An approach to care that focuses on the unique strengths and preferences of each resident	✓		
Care associates who take the time to get to know the residents on a personal level	✓		
Nonpharmacological approaches such as education, communication, task simplification skills, exercise, and/or social programs are utilized with the goal of enhancing quality of life	✓		

Name _____ Name _____

CARING AND EXPERIENCED STAFF

GREENSPRING _____

On-site providers who make rounds and get to know each resident	✓		
Dementia training based on industry and evidence-based best practices provided throughout the year	✓		
Training focuses on a strengths-based, person-centered approach along with specific dementia care and service approaches	✓		
A dedicated memory care manager who oversees the neighborhood and supports its residents, families, and staff	✓		
Dedicated program assistants who review each resident's preferences, history, and routines and work with care associates and family to provide an environment that strives to promote and support an active, healthy, and independent lifestyle in accordance with the abilities of each individual resident	✓		

PROGRAMMING

GREENSPRING _____

Structured programs 7 days a week/up to 10 hours a day	✓		
Residents gain a sense of purpose, build or retain skills, and celebrate successes through programs customized to their interest and abilities	✓		
Cozy living room, kitchen, and sunroom destination areas for residents to enjoy at their leisure	✓		
Self-directed activity stations that give residents a sense of purpose	✓		
Guided, one-on-one activities with care associates such as reminiscing through a photo album, going for a walk outside, choosing an outfit for the day, or making a snack together	✓		
Structured daily programs geared toward the individual, including making the bed, setting the table, or calling a loved one	✓		

DINING

GREENSPRING _____

Open and inviting dining area that encourages interaction even between meals	✓		
Family-style kitchen and programs that involve residents in meal preparation	✓		
Drinks and snacks available 24/7	✓		
Sensory programs such as baking to stimulate senses	✓		

Review your memory care options, then call **703-923-4650** to request more information or to schedule a visit to Greenspring. Our knowledgeable team is here to help.



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GreenspringCommunity.com

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