

Memory Care Programming AT GREENSPRING

A day in the life.

We draw from each resident's unique personal story to create programming that's meaningful and enjoyable. Here's an example of programming designed for Mary, a fictional resident of our memory care neighborhood.

Mary's story

Born in 1929, Mary grew up on her family's farm during the Great Depression and World War II. Eventually, she married her high school sweetheart and moved to the suburbs to raise their three sons. The family enjoyed vacations at the beach and trips to the ballpark.

Mary's husband served in the Korean War. While he was overseas, Mary took an administrative job in a local government office to help support her three growing boys until his return.

Friendly and outgoing, Mary was active in her church and neighborhood, leading the youth choir and the book club. She enjoys crosswords, puzzles, baking, and gardening.

Mary's day

Morning

- With the support of her care associate, Mary selects an outfit for the day, fixes her hair, and makes the bed. (Mary never leaves home without lipstick, so her care associate makes sure there's an extra tube in her purse for touchups.)
- After breakfast, Mary and her care associate read a new book together on the screened porch.

Midmorning

- Mary enjoys an activity tailored to her personal interests, such as sudoku, music therapy, baking a dessert for lunch, or stuffing envelopes at the self-directed office station.

Afternoon

- Mary may decide to relax in her private residence, enjoy exploring the garden and walking paths with a friend, making an ice cream float with her neighbors, picking herbs for dinner, or looking through a recipe box or baseball card collection.

Evening

- As Mary did at home, when she is ready for bed she will unwind with relaxing lavender aromatherapy and begin her nighttime routine. Otherwise, she'll engage with her care associate by reminiscing about the beach and family vacations or sort fabric and patterns at the self-directed sewing station.



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Programming is an essential part of memory care.

Greenspring offers far more than just daily activities and events. We provide a combination of structured, guided, and self-directed programming tailored to your loved one's individual needs and interests.

Learn more about programming at Greenspring.

Call **703-923-4650** to schedule your tour of our memory care neighborhood.



Memory Care Programming AT GREENSPRING

What makes our memory care programming different?

Two things: 1) our specially trained staff and 2) our unique programming philosophy. We believe that every action or expression, verbal or nonverbal, is an attempt to communicate. We work with each individual to understand their needs and bring pleasure and meaning to their daily life.

Personalized attention from a caring staff.

Our program manager gets to know each resident's life story, routines, and preferences. The program manager works with your family, our care associates, and the memory care manager to create a daily schedule that reflects your loved one's interests and creates meaningful experiences.



We provide three levels of programming that work together to promote independence and assist each resident in building or retaining skills.

1. Structured programming

Planned daily programs usually centered around fitness, recreational, or cognitive activities.

- Comprised of small groups of four to six participants
- Customized to meet the interests of residents in the neighborhood
- Held in private rooms to reduce distraction
- Led by a programming team member 7 days a week, up to 10 hours a day
- Programs that stimulate cognitive skills include coupon-clipping, story-telling, reminiscing, baking, flower-arranging, word games, sudoku, model train, and menu-planning
- Fitness and recreational programs include board games, stretching, gardening, walking, exploring, chair exercise, hand massage, themed events, and music therapy
- Programs that assist with everyday life include making the bed, stuffing envelopes, setting the table, sorting mail, making ice cream floats, and outdoor picnics

2. Guided programming

Daily activities or tasks that care associates complete with residents to encourage independence.

- Flexible staff who complete activities on your loved one's schedule, not their own
- Supplies stored throughout the neighborhood are relevant to your loved one's interests and preferences to encourage engagement
- Examples of guided programs include selecting an outfit for the day, applying makeup, manicures, looking at recipes, reminiscing through baseball cards or sport memorabilia, puzzles and games, browsing magazines, and coffee or tea tastings

3. Self-directed programming

Interactive stations throughout the neighborhood allow residents to explore independently and enjoy tasks that bring satisfaction and a sense of purpose.

- Strategic use of way-finding cues such as colors and themes to encourage exploration and neighborhood orientation
- Private rooms customized with decorations and keepsakes from home to help with orientation to their past and familiarity
- Cozy living rooms, kitchens, sunrooms, and interactive stations create a homelike environment that provides opportunities to continue with previous daily routines
- Examples of interactive stations include a nursery, gardening, cooking, military, office, pets, sewing, library, and workshop

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