# Our goal...

is to allow residents to sustain independence according to their individual cognitive and physical abilities within a calm supportive environment. Each setting is tailored to promote characteristics unique to individual personalities, and may include enrichment, communication, exploration, orientation, meaningful work and order.

Personalized care planning, clinical assistance, education and ongoing interactive relation-ships provide residents and their families a diverse, contemporary and compassionate care environment.

The Boulevard promotes stimulation and engagement by celebrating each resident's physical, intellectual and spiritual strengths and achievements.



Based on both a natural and sensory inspired environment, Miller's staff assists residents through carefully planned program models. Focusing on resident choices supported through sight, sound, smell, touch, beauty, harmony and comfort.





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At Miller's, we look at Memory Care in a different way. We've found that meaningful routines and careful consideration of surroundings can aid in reducing stressors and foster a calming environment for dementia patients.

Often, this thoughtful approach to memory care can diminish challenging behaviors and may allow for the reduction of management strategies and medications.

### **Color Palette**

Each color used is carefully chosen, and may help to establish boundaries, create emotional responses, and assist with spatial awareness.



Choices of cozy, low glare lighting and contemporary color decor are supported by scientific research to assist with relaxation, contentment and reassurance of well being.

## **Engagement Stations**

Purposefully designed engagement areas are incorporated into the environment, promoting curiosity and interaction. **Some examples are:** 

#### **Nurturing Station**

As dementia progresses and patients may no longer recall recent memories, prior experiences—such as parenting—will often remain strong. The Nurturing Station includes a crib, changing table, accessories and life-like dolls, providing a calm environment where the resident can reminisce and continue to foster connections to their real life experiences. In addition, the Nurturing Station offers therapeutic benefits such as tactile stimulation.

#### **Office Station**

As most patients managed households in their earlier lives, they performed routine tasks such as paying bills, mailing letters, and making phone calls. The Office Station includes a desk, typewriter, phone, stationary, and other similar items and affords patients the opportunity to continue to engage in some of these familiar day-to-day experiences.

#### Window Gardens

As they age, many patients retain their enjoyment and interest in gardening. The Window Gardens contain seasonal herbs that are planted and nurtured by the residents year round. In some cases, outdoor gardens and flower beds are planted during warmer months.

### **Resident Art Wall**

As with the other stations, familiar, lifelong skills such as enjoyment of the arts, often remain with a person with dementia and can still be encouraged. The Resident Art Wall has the therapeutic benefit of tactile stimulation, as well as a means for relaxing, meaningful expression. As part of this station, residents, as well as family members are encouraged to paint and display their works of art within the community for others to enjoy.

#### Hat & Purse Station

Just as we may associate grabbing our keys or wallet with leaving home for an evening out with friends, the Boulevard's Hat and Purse Station promotes socialization and tactile stimulation. Throughout the day, residents will often take an item from the Hat and Purse Station and head over to the family lounge area to visit with other patients. Coveralls, military uniforms, baseball caps, and more are often included.

### Aromatherapy

A study conducted by the National Institutes of Health concluded that aromatherapy was an effective non-pharmacological therapy that shows potential for improving cognitive function and well being for dementia patients. As a result, modern aromatherapy machines using a variety of organic essential oils are a regular part of the environment at The Boulevard. Oils are carefully chosen to promote and support a calming environment, and are used at meal times to stimulate the appetite.

# Dining

Sharing meals around the dining table with family and friends is a lifelong event experienced by most everyone. At The Boulevard, we provide a dining environment that supports familiar memories and promotes a sense of community with ample opportunities for social interaction.

We also champion independence by promoting meaningful routines during meal times. Patients are empowered to assist with crafting centerpieces, setting tables, and tidying up afterward.

The dining room is decorated to create a comfortable homelike environment and the choice of color is used to create a recognizable waypoint for dementia patients that will become associated with meal and social time. Because appetite tends to decrease for these patients, research indicates that the salmon color will help to stimulate appetite.