

APPROVED BY
DIVISION OF ADULT CARE FACILITY &
ASSISTED LIVING SURVEILLANCE
NYSDOH REGIONAL OFFICE
INITIALS 8 DATE 2 / 11 / 20

Exhibit Special Needs #1

A. Activities and Specialized Services

The Sunrise Reminiscence Program has been specifically designed for residents with Alzheimer's disease and/or other types of dementia. The Residence offers an individualized program tailored to the unique preferences of each resident in the Reminiscence neighborhood. By providing comfort and security in a home-like environment, the program supports each resident's abilities and affirms dignity and self-esteem. This is done through programmatic approaches, including individual Life Skills, providing opportunities for reminiscing, the Reflection Room, and an overall focus on empathizing and practicing validation with residents and meeting their needs in a person-centered way.

In addition to the Sunrise Principles of Service and mission, the Reminiscence program has specific signatures, one of which is a philosophy of *creating pleasant days* via purposeful programming, intended to bring meaning and purpose to each resident's day. In working to create pleasant days, team members provide residents with opportunities for meaningful and purposeful activity via various components of Sunrise's Live with Purpose programming. This is done directly and indirectly through both daily scheduled and spontaneous activities, thereby creating an engaging environment for residents.

The Reminiscence program offers opportunities for residents to participate in activities that are familiar to them in "life skill centers." These themed designated areas include furniture or other items that engage residents and encourage participation. Reminiscence Kits may be used as portable theme kits to evoke memories around a certain theme (e.g. wedding, sewing, etc.) and encourage socialization.

In addition to the standard services like dining, housekeeping and laundry, the Reminiscence neighborhood offers residents with dementia specialized services including, but not limited to:

- Dining program - designed to encourage independence in dining by:
 - offering a visual description of the menu choices (sample plates);
 - using linens and dishes that contrast in color for ease of eating for residents with limited vision;
 - using a variety of dishes and adaptive dinnerware that aid residents with differing abilities; and
 - finger foods available for residents who wander/move about or have difficulty using utensils.
- Hydration - encouraging fluid intake throughout the day to minimize illness, infection and falls (i.e., falls caused by symptoms of dehydration).
- Family Services – quarterly family events and a Reminiscence Resource library
- Reflection Room - Through use of a designated room or area within the neighborhood, or sensory kit, to provide a calming and soothing environment through sensory stimulation or reflection, with personalized support and interventions for a resident experiencing behavioral expressions such as early signs of distress or anxiety.

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B. Team Member Qualifications and Staffing Levels

The Reminiscence Coordinator/Case Manager is a professional dedicated to hiring, supervising, educating and training the team members that work in the Reminiscence neighborhood.

The role of care managers in the Reminiscence neighborhood is instrumental to the provision of individualized needs and facilitating the specialized activities and programs. When evaluating potential candidates for the care manager role, the Reminiscence Coordinator/Case Manager assesses each individual's qualifications with priority being their passion for serving seniors, specifically those with dementia.

Within the Reminiscence neighborhood, a Life Enrichment Manager (LEM) gets to know each resident and their experiences, talents, preferences and abilities. The LEM creates a plan that reinforces the resident's identity and encourages them to experience meaning and purpose each day.

In the Reminiscence neighborhood, staffing levels are based on the number of residents and their evaluated needs. The following methodology is employed. An inter-disciplinary team, including a nurse, assesses each resident for the appropriate level of care. Care managers are then scheduled based upon this analysis of resident needs. Schedules (i.e.: staffing levels) are reviewed at least weekly to keep up with move-ins and move-outs, as well as any reassessments that may occur. Daily adjustments of staff for particular shifts may occur as well, depending upon the preferences of residents for times when they desire to receive meals, baths or other personal care services.

C. Team Member Training

All team members working in the Reminiscence neighborhood receive intensive orientation training including dementia and cognitive impairment specific training. As part of defining the disease process, team members will learn about common concerns related to dementia such as hydration, recognizing symptoms, communication skills and behavioral challenges.

Each team member receives ongoing education and training each year. In addition, the team members working in the Reminiscence Neighborhood will receive trainings related to dementia and the residents' specialized needs. A variety of topics and training materials are available to meet the unique needs of residents living in the Reminiscence neighborhood; these trainings focus on person-centered care and incorporate current Alzheimer's Association Dementia Care Practice Recommendations. Some of the training topics include:

- Personhood
- Journey through Memory Loss and The Brain Tour
- Behavioral Expressions
- Common challenges, such as wandering/moving about, aggression and expressions of intimacy in residents with dementia
- Activities and positive therapeutic interventions
- Communication skills (resident and team member), including validation and empathetic approaches
- Promoting Sunrise Principles of Service (including dignity, independence, individuality, privacy and choice)

- Pain management

In addition, any state specific training required will be provided to the team members.

The Memory Care portions of the Sunrise University training and continuing education courses have been developed through partnerships with the Alzheimer's Association, dementia experts and health professionals specializing in the care of individuals with dementia.

D. Physical Environment, Modifications, and Design Features

The Reminiscence program is designed to create a homelike environment that is both comfortable and familiar to residents while encouraging independence and preserving each resident's dignity. Beyond providing a secure environment, the Residence offers adaptive design features that promote resident independence and success in activities of daily living.

Examples of adaptive design features:

- Memory boxes used to stimulate socialization and personalization of resident suites.
- Non-patterned carpet to encourage residents to walk freely throughout the neighborhood.
- Contrasting bathroom walls and doors to highlight key features such as the toilet and bathroom entrance in common areas.
- Motion sensors to highlight the bathroom when a resident walks by promoting independent use.
- Tactile art offering stimulation and interest to engage residents.
- Room designated for reflection and/or a portable snoezelen cart.
- Outdoor activity areas with supervised spaces to enjoy gardening, fresh air, and a walking path conducive to those residents who enjoy freely walking outdoors.
- Extended chair rail molding available for stabilization when walking.

In order to ensure the safety of residents, the Residence maintains a disaster plan. The plan includes accommodations for residents with dementia and incorporates company policies for natural disasters and fire safety.

