

# Memory Care

## Memory Care at Aster Gardens

Memory Care is a form of specialized care that caters to residents with Alzheimer's disease or other related dementias and memory concerns. The Aster Gardens Memory Care Neighbourhoods are shaped by the **Optima Living Memory Care Program** which draws on our own experience, clinical best practice, and evidence-informed research.

As your trusted partner, we thought of every component of your care *with you in mind*. Here are some of the essential elements of the Aster Gardens Memory Care Neighbourhoods that exemplify the intentionality behind its design and the focus on resident quality of life and safety:

- A **purpose-built environment** with naturally-lit and engaging spaces, soothing colours, non-patterned floor coverings that reduce glare, intentional lighting to avoid shadows, and personalized doors to minimize confusion and provide a safe and welcoming home.
- An exciting atmosphere with **meaningful activities** such as pet therapy, sports, music, and art classes which will decrease depression, increase residents' sense of self-worth, and improve relationships.
- A **comprehensive selection and training process for Care Partners** including pre-employment screening, criminal record and vulnerable sector checks. In addition, all Care Partners working in the Memory Care Neighbourhoods are certified with **Optima Brain Health**: a program focused on understanding individuals, communication strategies, and resident and family engagement.
- "**Let Us Welcome You Home**", a process that helps us ensure your transition in care is done according to your wishes, needs, values, beliefs and preferences. We will work alongside you to develop and implement your individualized care plan, and continuously re-evaluate this plan with you to ensure your wishes continue to be met over time.
- Family-style dining with **healthy, first-class meals** prepared by Red Seal Chefs.



## The Optima Living Memory Care Program Pillars

Person-centred care is based on values, compassion, empathy, respect, love, and dignity. This is what we strive to achieve at Aster Gardens. Person-centred care is weaved into each of the four pillars of the Optima Living Memory Care Program, and has guided the development of our physical space and Care Partner training.

Person-centred care is more than just words—it is a lived experience.

### Home

Our Memory Care residence is found on the third floor, and features two Neighbourhoods of 12 private suites, situated around shared social and outdoor spaces and dining areas that welcome you with the scent of home-cooked, family-style meals. You will also have access to various amenities and activities that will promote physical and psychological well-being while maintaining safety.

### Holistic

Let us show you how your quality of life can be improved through the **Optima Brain Health Program**. Tailored to the needs of your mind, body, and spirit, this holistic program supports your ability to think, remember, and live an enjoyable life. It will be uniquely tailored to you in order to promote exercise, stress management, sleep, and active participation.

### Meaningful Relationships

The Aster Gardens family is made up of each resident, their families, and our Care Partners. We are an understanding unit which promises to treat one another as friends. Our space will foster inclusivity and social engagement, promote meaningful relationships, and enhance your quality of life. Your family and Care Partners will be provided with resources to help them understand your needs.

### Safety and Quality of Care

Both Neighbourhoods are carefully designed to keep you happy, healthy, and safe. With our high-quality infection standards, the use of technology such as motion sensors, and intentional design that will minimize falls and maximize natural light, you can rest assured that we have thought through everything. Each Care Partner will ensure we meet and exceed your expectations.

