

A Guide for Navigating Memory Support

*How to
find the
community
that's the
best fit.*



The
BUCKINGHAM

*Memory support with
respect, dignity and honor.*

Not all memory support communities are the same.



Because of the aging population, there has never been a greater need for specialized memory support. Although there are many memory support options available, supportive services, engagement and wellness programs may be very different from one community to another, with many factors to consider, including the care available for the different forms and progressive stages of dementia.

That's why it's important to do your research, take tours and know what to look for when comparing various communities to find the right match for your family member's need. We want to help make it easier for you to make the best decision for you and your family member. Use this guidebook to keep track of the communities you visit and to compare what each one has to offer.

Within this guide we'll cover:



- How to know if memory support is right for your family member or friend
- Different types of dementia
- The three stages of Alzheimer's
- The benefits of a memory support community
- Tips for researching the right community
- What The Buckingham has to offer

It's time to consider memory support for a family member when they:

- Struggle with daily living actions and medication management
- Experience disorientation of place and time that makes safety an issue
- Become increasingly frustrated and/or aggressive
- Withdraw and become socially isolated
- Lose weight because they forget to eat
- And, as a result of some or all of these issues, you are experiencing care partner burnout

Understanding the different types of dementia.



Dementia is not a specific disease. It is a general term for the impaired ability to remember, think or make decisions. It can be severe enough to make everyday activities difficult. While there are many types of dementia, here are four of the most common:

- **Frontotemporal** — The frontal and temporal lobes of the brain shrink, causing dramatic personality changes that include being socially inappropriate, impulsive or emotionally indifferent. It tends to begin between the ages of 40 and 65, but occurs later in life as well.
- **Lewy body** — Protein deposits, called Lewy bodies, develop in the nerve cells in the brain involved in thinking, memory and movement producing visual hallucinations and changes in alertness. Other effects include Parkinson's disease signs such as rigid muscles, slow movement, walking difficulty and tremors.

- **Vascular** — Lack of blood that carries oxygen and nutrients to blood vessels in the brain causes problems with reasoning, planning, judgment and memory. Symptoms can begin gradually or occur suddenly, and then progress over time with possible short periods of improvement.
- **Alzheimer's** — This is the most common type among older adults. Age is the best known risk factor, and researchers believe genetics (family history) may also play a role. The number of people living with this disease doubles every five years beyond age 65, with symptoms typically first appearing after age 60.

Understanding Alzheimer's and its stages.



Symptoms of Alzheimer's vary with each individual.

According to research by the Alzheimer's Association, Alzheimer's is the most common form of dementia and impacts an estimated 60 to 80 percent of dementia cases. Although symptoms vary, there are three general stages of Alzheimer's: mild, moderate and severe. In addition, severe Alzheimer's progresses through three stages: early, middle and late, each with its own set of symptoms.

■ **Mild Alzheimer's** — Family and friends may start to notice memory and cognitive changes, such as frequently losing things or forgetting conversations, appointments and events. The individual may also have difficulty remembering the names of new acquaintances or have trouble following the flow of a conversation. Of course, some memory loss — such as occasional difficulty finding the right word — is age-related and normal. But normal memory loss does not include trouble holding a conversation, being able to function independently or the ability to pursue normal activities.

Understanding dementia and Alzheimer's cognitive impairments.



■ **Moderate Alzheimer's** — Now the symptoms become more obvious and apparent, and include:

- Difficulty remembering one's history and life stories
- Difficulty with basic math
- Forgetting how to do things done many times before
- Getting lost or disoriented even in familiar places
- Significant confusion

■ **Severe Alzheimer's** — In this stage, an individual requires constant supervision and, in most cases, professional care and support. Symptoms include:

- Words are frequently forgotten, misused or garbled
- Repeated stories and phrases in the same conversation
- Changes in mood and personality
- Unpredictable and/or socially inappropriate behavior
- Wandering
- Inability to recognize faces, including family members and close friends
- Loss of bowel and bladder control
- Withdrawal from social interactions
- Difficulty understanding visual images and three-dimensional relationships

Important benefits of a memory support community.

While medication can slow the progression of Alzheimer's symptoms, research shows that the environment in which an individual lives also plays an important role in treatment. A memory support community is a caring, secure environment that includes housing, dining, engagement and a variety of services and amenities designed to enhance each resident's lifestyle. This includes:

- A singular focus on dementia care that is committed to wellness, purpose and respect, and team members who know how to turn the everyday into something special and joyful
- Unique architectural design that lowers stress with increased natural light and neighborhood layouts that help decrease dementia symptoms, including wandering, while providing safety and security
- A specially trained memory support team that gives each individual the personalized care they need while enabling them to continue living their lives as independently as possible



Print pages 8 through 16 to take with you to the community or use this fillable PDF to complete on your computer, tablet or phone.

- Specialized programing, care and therapy that provides opportunities to celebrate and socialize, connects residents to pleasant memories, and reduces depression and loneliness
- Peace of mind for residents and family centered on quality care, advanced security and resource tools that help everyone stay connected

Environment

For an individual with dementia, a soothing and calming atmosphere plays an important role in helping minimize their confusion. Noise levels, lighting and even the colors and patterns used in living spaces can make the environment too busy, triggering anxiety, frustration, anger or withdrawal.



Check boxes where applicable.

| Environment | The Buckingham | (community name) | (community name) | Your Notes |
|---|----------------|------------------|------------------|------------|
| Feels warm & inviting | | | | |
| Team members knowledgeable and supportive | | | | |
| Well-designed to accommodate the needs of residents with dementia | | | | |
| Mix of artificial and natural lighting | | | | |
| Access to secure outdoor courtyards | | | | |
| A calm, comfortable environment | | | | |
| Enclosed courtyard for walking and gardening | | | | |
| Spacious private residences in a secure setting | | | | |

Values & Services

Living life on your terms with a sense of belonging and purpose is what feeling at home is all about. It should include a compassionate team that works with each resident and family to create an environment where those living with cognitive change can thrive through engagement and social interactions, while maintaining as much familiarity as possible.



Check boxes where applicable.

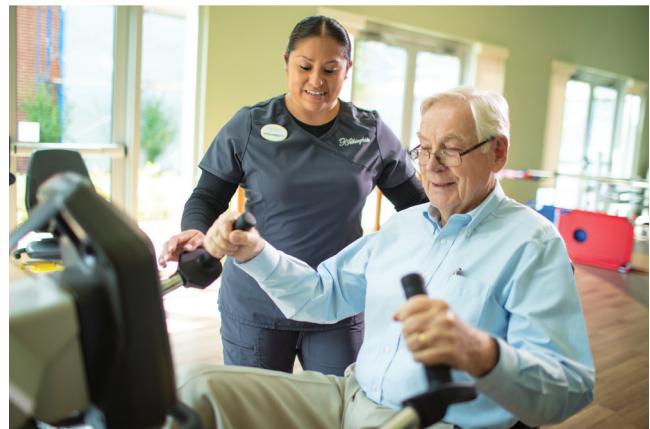
| Values & Services | The Buckingham <small>(community name)</small> | <small>(community name)</small> | Your Notes |
|-------------------------------------|---|---------------------------------|------------|
| Core values/Care Philosophy | | | |
| Salon/barbershop | | | |
| Housekeeping, laundry, linens | | | |
| Personal resident assistance | | | |
| Secured memory support neighborhood | | | |
| Programs offered (wellness, social) | | | |

Values & Services (continued)

| Values & Services | The Buckingham | (community name) | (community name) | Your Notes |
|--|----------------|------------------|------------------|------------|
| Unique programming (music therapy, Landmarks for Living, etc.) | | | | |
| Accommodations (special care needs, diabetic care, mobility issues, wandering) | | | | |
| Transportation to off-site events | | | | |
| Dedicated Memory Support Director to ensure daily engagement | | | | |

Health & Wellness

Health and happiness go hand-in-hand. Holistic wellness is important because it focuses on each individual's potential to achieve their personal goals, regardless of physical or emotional challenges. A true holistic approach to health should include programming designed specifically for residents with memory impairments and customized to grow and evolve with each resident's needs and meet each family's expectations.



Check boxes where applicable.

| Health & Wellness | The Buckingham | (community name) | (community name) | Your Notes |
|--|----------------|------------------|------------------|------------|
| 24-hour health monitoring and support (RN, LPN, aides) | | | | |
| On-site medical services (podiatrist, dental, home health) | | | | |
| On-site rehab services (PT, OT and speech) | | | | |
| Training/ accreditations received and how often | | | | |
| Easy access to hospitals and medical offices | | | | |

Health & Wellness (continued)

| Health & Wellness | The Buckingham | (community name) | (community name) | Your Notes |
|--|----------------|------------------|------------------|------------|
| Individualized customized wellness programming | | | | |
| Wellness engagement tool for residents and families | | | | |
| Wellness Director on-site | | | | |
| Customized care plan based on individualized needs and preferences | | | | |
| Transportation to medical appointments | | | | |
| How are behaviors handled? | | | | |
| Caregiver support available | | | | |
| Medication monitoring and administration | | | | |

Dining

In addition to being important for nutrition, dining also provides an opportunity to be with others and socialize. In later stages of dementia, because the ability to eat becomes compromised, entrées should be customized for easy chewing and swallowing.



Check boxes where applicable.

| Dining | The Buckingham <small>(community name)</small> | <small>(community name)</small> | Your Notes |
|---|---|---------------------------------|------------|
| Dining room vs. dine in apartment | | | |
| Menus that accommodate special diets and choices | | | |
| Chef-prepared entrées | | | |
| Special diets offered for easy chewing/swallowing | | | |
| Feeding assistance by team | | | |
| Certified dieticians | | | |
| Snack and hydration stations available | | | |

Safety & Security

Although dementia affects each person differently, common symptoms such as confusion, memory loss and disorientation create daily safety issues, as does limited mobility and decreased coordination. Feeling safe and secure is a big part of feeling comfortable and truly cared for.



Check boxes where applicable.

| Safety & Security | The Buckingham | (community name) | (community name) | Your Notes |
|--|----------------|------------------|------------------|------------|
| Security features | | | | |
| Team-to-resident ratio | | | | |
| Designed for needs of those living with dementia | | | | |
| Wellness team on-site 24 hours | | | | |
| Emergency response system inside apartments | | | | |
| Secured resident outdoor areas | | | | |

Pricing & Fees

Cost is an important consideration when choosing a memory support community. The right community does more than meet your family member's physical and quality of life needs, it also fits your budget. Your money also goes further when memory support services are all-inclusive and don't increase when care needs increase.



Check boxes where applicable.

| Pricing & Fees | The Buckingham <small>(community name)</small> | | (community name) | Your Notes |
|---|---|--|------------------|------------|
| All inclusive | | | | |
| Community or entrance fee (refund policy?) | | | | |
| Monthly fee structure (all-inclusive or fee-for-service?) | | | | |
| Ancillary fees | | | | |
| Co-living suites available | | | | |

Overall Impressions

First impressions are important and should be taken into consideration. Notice if the grounds and buildings look fresh and well maintained, and if the lobby is welcoming. Pay attention to the friendliness of the team, if they smile when they see you and how they interact with current residents.

Check boxes where applicable.

| Overall Impressions | The Buckingham | (community name) | (community name) | Your Notes |
|--|----------------|------------------|------------------|------------|
| How was I greeted? | | | | |
| Are team members professional and happy? | | | | |
| Did they try to get to know me? Did they genuinely care? | | | | |
| Are residents interacting, engaging and appear happy? | | | | |
| Do you feel comfortable? | | | | |
| Is the community a good value? | | | | |
| Clean and no off-putting smells | | | | |

Additional Tips:

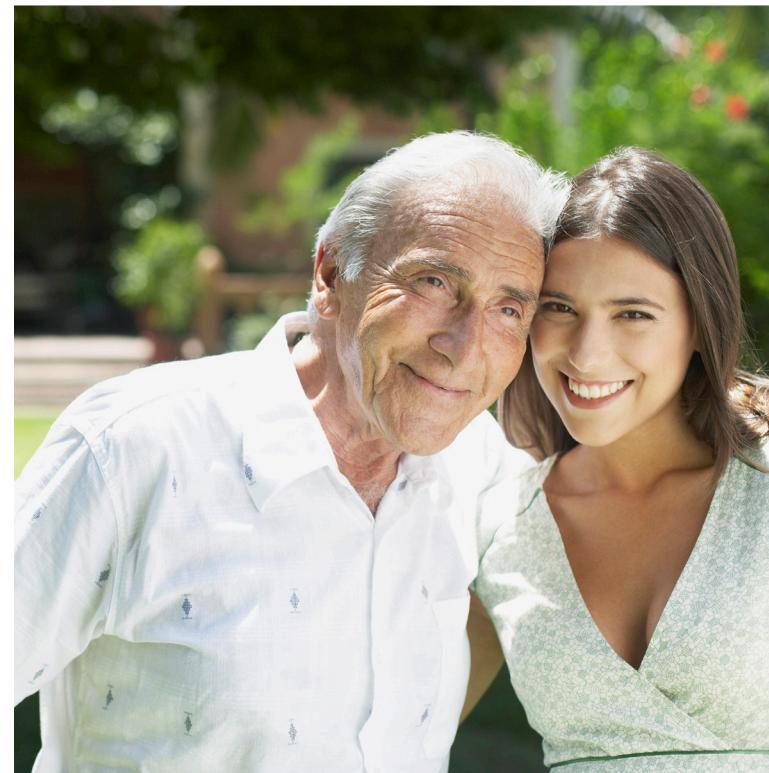
- Ask to join a resident event
- Make a dining reservation
- Visit more than once at different times
- Ask for downsizing agreement
- Ask for residence agreement

Compassionate, consistent and comfortable.

Why trust The Buckingham with the next chapter in your family member's life?

First, know that you are not alone. With a growing number of the U.S. population reaching 65 years or older, diagnoses of Alzheimer's and other dementias are becoming more common. Caring for a family member with dementia is rewarding, but also increasingly challenging as cognitive impairment worsens. Moving a family member into a memory support community is an emotional process, as well as a life-changing decision, for both you and your family member.

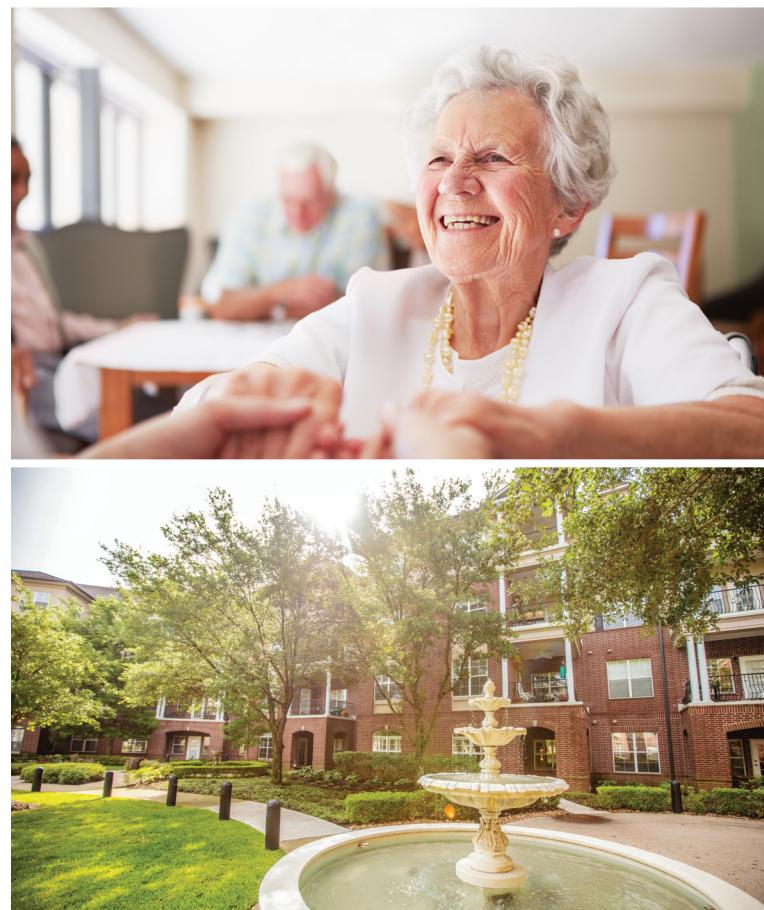
Our dedicated, specially trained memory support team members work carefully to employ the most comprehensive and impactful approaches within a household-like environment. When supporting those living with Alzheimer's or other forms of dementia, thoughtful and personalized response plays a crucial role in helping those within our care find purpose, meaning and joy in each new day.



On top of this elevated and dignified approach, our memory support services are available to Houston seniors on a direct-entry basis, with no upfront entrance fee required.

We know the value of caring.

At The Buckingham, we give you so much more to feel good about, including incredible value that's unmatched in the area. Person-centered memory support is provided by team members who interact with each resident every day. Plus a wellness program that enables staying as independent as possible for as long as possible, and a dementia-friendly, family-oriented environment that meets memory support needs in a way other communities simply can't. The result is a community where your family member can enjoy an engaging and secure life centered on safety and well-being.



How to schedule an appointment at The Buckingham

Call The Buckingham today at (713) 979-3777 or visit BuckinghamHouston.com for more information or to schedule a tour.

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