

**“Committed to Care”**



# Memory Lane

Where getting “IT” back matters!

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Admission Information  
[www.theclairemont.com](http://www.theclairemont.com)

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## A Walk Down Memory Lane



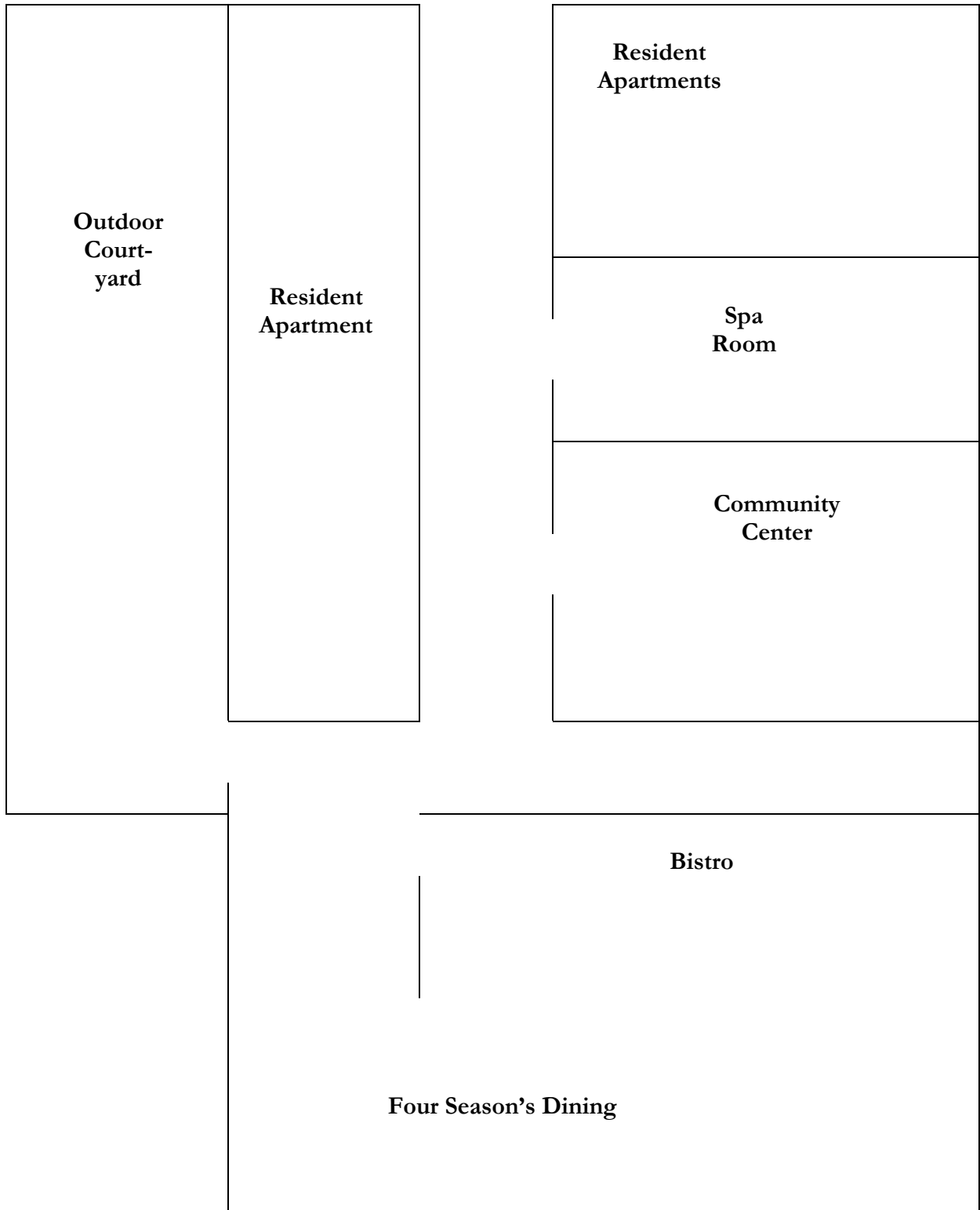
Let's take a walk down memory lane. Do you remember your first date, the day you got married, the birth of your child, your favorite food or childhood toy? I'm sure you do, but for most Residents who face Alzheimer's/dementia related diseases they will eventually lose all of those wonderful memories. Our mission in creating "Memory Lane" is to get "IT" back. "IT" refers to the memories that so many lose through the Alzheimer's disease process.

In order to retain and regain their memories we have developed a setting that allows Residents a comfortable and safe environment. There are 32 beds on Memory Lane. The front entrance to each "apartment" was designed around the idea of familiarity with private mailboxes at each entrance to house a familiar photo. Residents are encouraged with family to partake in structured programming that will aid in eliminating confusion and frustration as the disease progresses.

There are several locations on Memory Lane for Residents to partake in group and independent interests. Our private spa allows for soothing bath time. Meals are served in the Four Season's Room that is set around the beauty of our changing seasons. The bistro and community center are quiet areas where Residents can partake in a game, reading, or pet and horticulture therapy. The staff working on Memory Lane have been trained on the disease process and how to best help Residents with Alzheimer's. You will find the same, consistent staff on Memory Lane. They are dressed in regular clothes to promote a relaxed environment.

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# Map of Memory Lane





## **Our Mission**

The mission of Memory Lane is to provide Residents an opportunity to make the difficult transition from Alzheimer's/Dementia to regaining lost memories in a calm and structured environment. Memory Lane offers a comfortable and safe environment that enhances quality of life through increased sense of pride, safety and security. Memory Lane encourages family and friends to be an active part in the lives of their loved ones throughout the Alzheimer's disease process.

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## Potential Benefits of Memory Lane

Providing a calm, engaging and safe environment with consistency of staff and a daily routine will help residents with Alzheimer's/dementia by:

1. Maximizing residents ability to retain and regain memories through the Alzheimer's/Dementia process.
2. 24/7 nursing care that administers medications, provides medical care and dining assistance as needed.
3. Increasing the Residents sense of pride and self worth through meaningful activities as defined by the individual Resident.
4. Providing a safe and secure environment where Residents can walk freely without fear of elopement.
5. Minimize incidents of behavioral problems such as wandering, agitation, depression, and aggressiveness.
6. Improve sleeping patterns, Resident/staff relationships, appetite, orientation, and mood.
7. Reduction of restraint use, falls, psychotropic medication, and incontinence.

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## Admission Guidelines

Memory Lane exists to provide Residents with a cognitive or Alzheimer's/dementia related diagnosis a safe and comfortable environment where staff have been trained to care for their specific needs. Memory Lane is more than a dementia unit. Residents must manifest symptoms of cognitive impairment including disorientation, short and long term memory impairment, communication deficits, impaired attention span, impaired judgment, personality changes, mood swings, agitation, and irritability or wandering.

Residents are also admitted to the program based on the following guidelines:

1. Resident does not display disruptive behaviors such as repetitive yelling or calling out
2. Resident has the ability to function in a group dynamic
3. Resident is able to actively or passively participate in individual or group programming
4. Resident is able to be redirected with cueing
5. Resident is medically stable
6. Resident is at ease interacting with others and positively impacts the other residents on the unit
7. Resident does not show distress with placement in secured area

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## Discharge Guidelines

As the individual needs and abilities change, there might be a time when Memory Lane may no longer be an appropriate avenue for your loved one. It is important to understand that discharge from Memory Lane may be recommended based on the following guidelines:

1. Displays behavior including, but not limited to the following:
  - a. Continued and repeated aggressiveness
  - b. Persistent anger that endangers other Residents
  - c. Verbal or physical abuse to Residents, family members and staff that is daily and difficult to re-direct
  - d. Resident no longer displays the ability to actively or passively participate in programming
  - e. Socially inappropriate behavior that is disruptive towards others daily and is difficult to re-direct
2. The Resident no longer displays the ability to actively or passively participates in programming offered.
  - a. Resident's medical condition supersedes the ability of a Resident to actively or passively participate in activity programming
  - b. Assistance is needed with all areas of ADL's
3. Resident has been in hospitalization or nursing care that the unit cannot accommodate; hospice care, tube feeding, wound care, radiation, dialysis or extensive bed rest.
4. Decline in cognitive communication abilities related to the disease process.
5. Resident has an infection that requires isolation.

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## Life Enrichment Programming

The staff working on Memory Lane has gone through extensive training in understanding the process of Alzheimer's/dementia disease and the related care. Our goal is to have consistent staff with structured programming. The structured programs and consistent staff allow the Residents to have the security that they need. Keeping Residents calm and engaged in programming that is individualized for their specific needs is important in managing the disease process. Family and friends are encouraged to participate in programming with their loved ones. Please keep in mind that the environment remain calm to prevent upsetting the other Residents in the group.

From the time the Resident awakes until they go to bed, they have a programmed day. Which is varied based on the needs of each Resident. Residents are encouraged to wake when they are ready and staff will be there to assist them. As each Resident wakes a continental breakfast will be served. All meals are served in the Four Season's Room. The day progresses with lifestyle programming based on the Residents individual interests. It draws on tasks of daily living that the Resident at one point may have experienced in their day to day lives.

Memory Lane is set up to allow for several seating areas for Residents to have access to different tasks at each area. There are dressers to sort and fold clothes, cabinets to

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organize, puzzle stations, horticulture therapy and several areas for Residents and staff to interact together.. The daily programs are structured to allow Residents to be calm and engaged in their past and present interests. Residents also have opportunities to join in large group programming off of the Memory Lane. Religious, musical and game type events are offered both on and off Memory Lane. Staff personalize each Resident's day to meet their individualized needs.

Each Resident, upon admission to Memory Lane will have a Life Story Book. The book is comprised of familiar photos, stories with each photo, important dates, and moments that your loved one has experienced throughout life. Life Story Books are reviewed with the Residents each morning, afternoon and in the evening. It allows the Resident an opportunity to reminisce, and to assist in retaining of memories that can be so easily forgotten.

Residents have the choice based on personal preference when they want to go to bed. Programming does not stop because Residents are sleeping. If your loved one should wake in the middle of the night, staff are there to offer something to eat, drink or one-to-one attention to your loved one.

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## Typical Day in Memory Lane

- 9:00 Stretcher-size in Community Center
- 9:30 Devotions in Community Center
- 10:00 Coffee Clutch at Bistro
- 10:30 Life Story Review
- 11:00 Trivia Competition in the Four Seasons Room
- 11:00 Dining Room Set up
- 11:30 Dinner in the Fours Seasons Room
- 1:00 Local Events in the Community Center
- 1:30 Baking Preparations
- 2:00 Baking Class in the Four Seasons Room
- 2:30 Coffee Clutch in the Bistro
- 3:00 Life Story Review
- 4:00 Stretcher-size in Community Center
- 4:30 Dining Room Set up
- 5:00 Supper in the Four Seasons Room
- 6:00 Life Story Review
- 7:00 Coffee Clutch in the Bistro
- 8:00 Evening at the Movies



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## What Families should expect of their Loved Ones with Alzheimer's/Dementia

What is Alzheimer's? According to Webster's Dictionary it is a "progressive, degenerative disease that attacks the brain, results in impaired memory, thinking and behavior". What this means is that the disease will progress, their memory will start to fade and unfortunately not get better. Our goal on Memory Lane is to retain as much of a Resident's memory as possible.

Memory Lane always welcomes family and friends to visit. It is at times upsetting and difficult for you to see your loved one who was once strong and always there for you to seem so dependent on others. It is important for families to understand there are a few simple approaches to help make your loved ones calm and engaged.

Alzheimer's makes simple day to-day activities often difficult for those facing this disease. Individuals can have difficulty remembering daily living skills such as dressing and how to eat. Often individuals don't realize the simplest of needs such as hunger and thirst.

Communication can be perceived differently between the receiver and the giver. A good rule of thumb in working with individuals with memory difficulties is **K.I.S.S.**; Keep It Short and Simple. As Alzheimer's/Dementia progresses individuals memory regresses. Individuals, however retain their sense of humor, ability to read non-verbal gestures (facial, body language, eye contact, and touch), social graces, long term memory, and music.

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## Tips for Facilitating Communication

1. Approach from the front so as not to startle
2. Make eye contact, touch an arm or shoulder to keep attention
3. Use one step commands
4. Use your sense of humor
5. Ask “Yes/No” questions
6. Give instructions and allow time for a response
7. Use demonstration; use a physical cue to start action
8. Use normal tone of voice and speak calm. Individuals with dementia can be sensitive to non-verbal cues (impatience, frustration, and disapproval)
9. Minimize distraction – turn off the TV, radio
10. Try singing, instead of talking, it has ways of breaking barriers
11. Call the person by their name and tell them who you are
12. Avoid harsh or direct orders

*Most importantly avoid talking to person like a child or talking about the person as if he or she weren't there.*



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## 101 Things to do with the person who has Alzheimer's Disease

1. Clip coupons
2. Sort poker chips
3. Count Tickets
4. Rake leaves
5. Use the carpet sweeper
6. Read out loud
7. Bake cookies
8. Look up names in a phone book
9. Read daily newspaper out loud
10. Ask a friend, neighbor, church acquaintance who has a baby or young child to visit
11. Listen to polka music
12. Plant seeds indoors or out
13. Look at family photographs
14. Toss a ball
15. Color pictures
16. Make homemade lemonade
17. Wipe off the table
18. Weed the flower bed
19. Make cream cheese mints
20. Have a spelling bee
21. Read from Reader's Digest out loud
22. Fold Clothes
23. Have a calm pet visit
24. Cut pictures out of greeting cards
25. Wash silverware
26. Bake homemade bread
27. Sort objects such as beads by shape
28. Sing Christmas carols
29. Say "tell me more" when they start talking about a memory
30. Put silverware away
31. Make a Valentine collage
32. Play a favorite song and sing together
33. Take a ride
34. Make a cherry pie
35. Read aloud from labels
36. Dye Easter eggs
37. Sort mismatched socks
38. Take a walk

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39. Reminisce about the first day of school
  40. String Cheerios to hang outside for the birds
  41. Make a fresh fruit salad
  42. Sweep the patio
  43. Color paper shamrocks green
  44. Fold towels
  45. Have an afternoon tea
  46. Remember great inventions
  47. Play “Pictionary”
  48. Paint a sheet
  49. Cut out paper dolls
  50. Identify states and capitols
  51. Make a family tree poster
  52. Color a picture of our flag
  53. Cook hot dogs outside
  54. Grow magic rocks
  55. Water house plants
  56. Reminisce about the first kiss
  57. Play horse shoes
  58. Dance
  59. Sing favorite hymns
  60. Make homemade ice cream
  61. Force bulbs for winter blooming
  62. Make Christmas cards
  63. Sort playing cards by their color
  64. Write a letter to a family member
  65. Dress in red on a football Saturday
  66. Pop popcorn
  67. Name the presidents
  68. Give a manicure
  69. Make paper butterflies
  70. Plant a tree
  71. Make a May basket
  72. Make homemade applesauce
  73. Finish famous sayings
  74. Feed the ducks
  75. Mold with PlayDoh
  76. Look at pictures in a National Geographic
  77. Put a simple puzzle together
  78. Sand wood

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79. Rub on pleasant-scented hand lotions
  80. Decorate paper place mats
  81. Arrange fresh flowers
  82. Remember famous people
  83. Straighten underwear drawers
  84. Finish nursery rhymes
  85. Make peanut butter sandwiches
  86. Wipe off patio furniture
  87. Cut up used paper for scratch paper
  88. Take care of a fish tank
  89. Trace and cut out leaves
  90. Ask simple questions
  91. Finish Bible quotes
  92. Paint with string
  93. Cut out pictures from a magazine
  94. Read classic short stories
  95. Put coins into a jar
  96. Sew sewing cards
  97. Put bird feed out for the birds
  98. Clean out a pumpkin
  99. Reminisce about a favorite summer
  100. Roll yarn into a ball
  101. Make a birthday cake
  102. THE LIST IS LIMITLESS, JUST USE YOUR IMAGINATION!

All these examples of things to do are from the Lincoln/ Greater Nebraska Chapter of the Alzheimer's Association 1999.

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## Support for Families of Alzheimer's Dementia

As families you need to know that you are not alone. Memory Lane is developed around a family concept. Families are encouraged to attend and participate in programming with your loved ones. Memory Lane holds monthly support meetings that are affiliated with the local Alzheimer's Association for families to ask questions and get feedback on their loved ones.

Alzheimer's Association-Greater WI Eau Claire Region  
1227-B Menomonie Street  
Eau Claire WI 54703  
715-835-7050

After business hours you can contact the  
Alzheimer's Association at 1-800-229-2872



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