



Anna's Garden
on Queen Anne

A NEW MEMORY
CARE COMMUNITY
FOR SENIORS

PROGRAM PHILOSOPHY

**100 Crockett Street
Seattle, Washington 98109
206-282-5001**

Anna's Garden Program Philosophy

Anna's Garden is guided by the principles of the Validation Breakthrough approach in caring for seniors. This philosophy helps to break through the silence and pain of withdrawal and promotes greater respect and compassion for older adults with Dementia. Validation restores dignity to seniors with Dementia by accepting them the way they are. The primary principles of Validation are as follows:

- All people are unique and must be treated as individuals
- All people are valuable, no matter how disoriented they are.
- There is a reason behind the behavior of disoriented seniors.
- Behavior in seniors is not merely a function of anatomic changes in the brain, but reflects a combination of physical, social, and psychological changes that take place over the lifespan.
- Seniors cannot be forced to change their behaviors. Behaviors can be changed only if the person wants to change them.
- Particular life tasks are associated with each stage of life. Failure to complete a task at the appropriate stage of life may lead to psychological problems.
- Empathy builds trust, reduces anxiety, and restores dignity.

Who Anna's Garden Serves

Anna's Garden specializes in caring for seniors with memory impairments, such as Alzheimer's, Parkinson's, Lewy-Body, or other related Dementias. Anna's Garden is not a skilled nursing facility and there are limitations to the program. Queen Anne Manor's nurse is available to discuss the specific limitations of our care capabilities.

Approach to Care

The intent of Anna's Garden is to provide care that will address the physical, psychosocial, spiritual, and emotional needs of residents. Physical needs will be met by way of daily exercise activities such as a walk within the secured courtyard or in physical activities in a group setting like sitter-size. Psychosocial needs will be met through interactive programs such as a Validation Group in which the goal is to stimulate interaction, increase verbal behaviors, develop social controls, and generate a sense of well being and happiness. Spiritual needs are supported by our trained caregivers who understand the importance of listening and validating

feelings of anger, sadness, denial, fear, and depression with a familiar touch, loving tone of voice, and close eye contact.

Medical care needs are routinely assessed and met under the supervision of Anna's Garden's Wellness Director's RN Pamela Semken and Care Manager Tracy Collins. Upon admission the facility RN Pamela Semken will assess each resident to determine specific care requirements and a plan of care is developed and implemented to meet the needs of each individual resident. The Wellness Director and care team are trained to recognize and address any changes of condition to a resident's wellbeing and take corrective action with care planning, communicating with Doctors, and communicating with the resident's family. Anna's Garden's mission is to provide an environment in which all aspects of the program are centered on the needs of the residents with a goal of providing the highest quality care available.

How and By Whom Care Will Be Provided

A dementia care staff should be trained and knowledgeable about caring for the special needs of people with Dementia. Anna's Garden's staff is uniquely qualified to care for residents with Dementia. The following is a comprehensive list of Anna's Garden Care Staff Qualifications:

Washington State Regulated Course Curriculum

- Certified Nursing Assistant License - Department of Social Health Services
- Fundamentals of Care Giving - Department of Social Health Services
- First Aid & CPR Certifications
- Dementia Specialty Training for Care Givers
- Mental Health Specialty Training
- Dementia Specialty Training for Managers (RN Pamela Semken, Care Manager Tracy Collins, Executive Director Josh Blake)
- Nursing Delegation

Senior Living University Training

- Alzheimer's and Dementia Care - Guide for Caregivers. Specialized Training in 5 Parts Consisting Of:

1. Introduction to Alzheimer's Disease

2. Resisting Care ~ Putting Yourself In Their Shoes.
3. Agitation ~ A Behavioral Sign That Has Meaning.
4. Communicating With Residents Who Have Alzheimer's Disease.
5. Wandering ~ Is It A Problem?

Validation Techniques for Dementia Care

Validation is a respect for the intuitive wisdom of seniors with Dementia where everything they do and say has meaning. Anna's Garden's care team is trained to use the simple communication techniques of Validation Therapy. Validation Care Givers are taught about the four stages of Resolution: 1) Malorientation, 2) Time Confusion, 3) Repetitive Motion, and 4) Vegetation. Validation Care Givers are secure enough to travel with the time confused and empathy is the ticket. Seniors restore the past to shore up loose ends and struggle to give life meaning. Validation helps them win their struggle to be happy.

Anna's Garden Physical Design

Safety is a key issue when considering Dementia Care for a loved one. Families are also concerned about addressing the resident's needs for choices and autonomy, while still remaining safe. Anna's Garden has been designed to accommodate safety and autonomy simultaneously. With controlled access and secured egress residents are safe from the risks of elopement and wandering. However, residents are free to access the outdoors with a dedicated covered/uncovered deck and secure walking path amongst the backdrop of beautiful mature trees. Under the supervision of the Anna's Garden Care team residents have free access to fresh air and can walk with ground underneath their feet.

What is Special About the Care Provided?

Empowered by the philosophy of "Validation" Anna's Garden offers many benefits to residents, caregivers, and families alike.

The Benefits of Validation for Residents:

- Restores Self Worth
- Reduces the need for chemical and physical restraints
- Minimizes the degree to which they withdraw from the outside world

- Promotes communication and interaction with other people
- Reduces stress and anxiety
- Stimulates dormant potential
- Helps resolve unfinished life tasks
- Facilitates independent living for as long as possible

The Benefits of Validation for Caregivers:

- Reduces Frustration
- Prevents Burnout
- Promote joy in communicating
- Increase job satisfaction

The Benefits of Validation for Families:

- Experience less frustration with disoriented relatives.
- They are able to communicate more effectively with their disoriented relatives.
- They experience relief when their disoriented relatives show improvement with speech and social functioning.
- They visit their disoriented relatives more often.

The care team of Anna's Garden is empowered by a deep knowledge of Dementia and a mission to restore the dignity of seniors with memory impairments through empathy and understanding.

To learn more about Anna's Garden, please call us at 206-282-5001.