



Take a tour!
585-760-1300

Short-Term Rehabilitation for Older Adults with Dementia

A Specialized Framework for Success

St. John's recognizes that older adults with mild to moderate dementia require a different rehabilitation experience to ensure a successful return home after a hospital stay. Dementia is a major cause of physical disability, cognitive impairment, and dependency, which can result in an increased likelihood to be hospitalized after a fall. A customized approach to rehabilitation services that is specifically designed for individuals with dementia can ensure faster recovery rates and avoid higher levels of care following hospitalization.

- **Tailored treatment** to address cognitive and physical needs
- **Controlled environment** to ensure **safety and comfort**
- **Individualized treatment and relationship development** with our Joy Plan
- **Cognitive distress assessment** available through on-staff dementia specialist
- **Support for family caregivers** to assist with transition back home

Experience person-centered rehabilitation services delivered in the unique setting of St. John's dementia-focused clinic. Call **585-760-1300** to schedule a tour.

St. John's is changing the way older adults living with dementia receive rehabilitation services!





Rehabilitation with Dementia

Rehabilitation services should not be a one size fits all. Many providers promise personalized treatment and support in a rehab setting in order to fully meet the individual needs of older people living with dementia, yet few have the expertise to deliver on that promise. St. John's combines proven experience in dementia care with a treatment framework and philosophy that ensures positive outcomes.

Relationships

Person-centered care is grounded in a genuine understanding of the individual. This includes awareness of the impact on treatment outcomes of the unique experiences, values, motivations, strengths, and needs of the older person living with dementia. An abridged version of St. John's *Joy Plan*, which has been proven effective in serving people with dementia in our *Beyond Memory* program, is developed for every rehab consumer in partnership with family caregivers.

Communication

The success of rehabilitation services for people with dementia is greatly impacted by communication. Research related to communication between care providers and people with dementia points to several variables related to type, manner, and content of communication, all of which can influence outcomes. Understanding the important role of verbal and nonverbal communication as well as behaviors (as forms of communication) in therapy for people living with dementia, is facilitated by St. John's on-staff dementia specialist.

Therapy

People living with dementia greatly benefit from a therapy environment that closely mimics real life. St. John's comprehensive rehabilitation gym, including a full-size vehicle, real-life walking surfaces (loose stone, grass, pavement, etc.) and life-skills apartment simulation, allow individuals with dementia to learn/relearn functional tasks through practice in settings relevant and specific to daily life. With full understanding of the impact of hospitalization-induced "delirium" on therapy productivity in early stages and the length of treatment, St. John's partners with the person living with dementia and family members to align expectations and treatment goals.

Environment

A safe, calm, and predictable environment is critical for individuals living with dementia to experience security in rehabilitation. Physical and emotional safety are both integral to treatment success. Tailoring treatment group sizes, limiting distractions, and use of music, sensory, and aroma-based therapies are just some of the options available within St. John's rehabilitation services. Mixed use of our comprehensive rehabilitation gym and life-skills apartment simulation or smaller satellite gyms located in our rehab or dementia residence neighborhoods, allows for flexibility based on individual need.

To schedule a tour, call **585-760-1300** or go to **stjohnsliving.org** today.



stjohnsliving.org

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