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Welcome to St. John's Long-Term Care

Located on multiple floors within three buildings, long-term care services are provided in "neighborhoods" meant to foster a small home feel. When you or your loved one comes to live here, you become part of the St. John's family. St. John's offers around the clock, high-quality nursing care, and numerous other services and amenities to meet your clinical, social, and emotional needs. Following is useful information about your new home.



Quality of Life

- Each elder is valued as a **unique individual** and should feel welcome from the moment of arrival.
- Each resident has an **individualized, uniquely developed Care Plan**. You will be asked to provide information to help us develop your (or your loved one's) Care Plan.
- **Creating a pleasant environment** is important for the residents who live here. Please bring in personal items and mementos that are meaningful to you (or your loved one) to decorate the room or that bring comfort.
- **Please avoid bringing things that are valuable or breakable.** We recommend acrylic picture frames and no sharp objects.
- **A variety of activities** are planned by our staff team for you (or your loved one's) recreation and entertainment.
- **Our goal** is for each elder to feel well cared for and well known.



Relationships

- **Family members, friends, and loved ones** remain a vital facet of the lives of the elders who live here. Our staff members are partners in caring for you (or your loved one).
- Relationships are very important. **Family should visit often** and be as fully engaged as possible.
- Up to 80% of the residents at St. John's Home have a diagnosis of **dementia or other cognitive impairments**. These elders may wander into other resident rooms, touch things, or take items that do not belong to them. If this occurs, please let a staff member know so that we can develop a plan for returning any misplaced items.
- Elders develop **relationships with other residents** who live here. These relationships are also important to providing joy and comfort.



Safety and Security

- Located on the South Building Ground Floor, Protective Services provides **around-the-clock monitoring** on site.
- St. John's has a security system in place that prevents residents from being able to leave via the elevators or stairs unless accompanied by someone with authorization. **Each elder is assessed** to determine whether this extra security measure is appropriate.
- We offer a variety of **individualized options to provide additional security in resident rooms** in the event of other residents entering unsolicited. There are also places to keep things locked; however, we recommend you do not bring in highly valuable items. Some residents collect items that they discover along the way; this is not done intentionally, but out of curiosity.
- We conduct searches as necessary when resident belongings are missing. We ask that **everything brought in is labeled** with first and last names.
- Our primary objective is that residents be **safe and happy**.



Meals and Snacks

- **Each elder has a meal plan** that includes any special dietary needs.
- St. John's offers an **extensive and liberal menu of options** for meals and snacks.
- Our main concern is that you (or your loved one) eats and we are not as focused on what specifically is eaten. What a resident will accept at any given time is not as important as ensuring nutritional needs are met; therefore, **we will offer many types of food throughout the day and night**.
- A variety of options are provided to **ensure that calorie, protein, and fluid intake goals are met**, including such items as finger foods, ice cream, milkshakes, and liquid dietary supplements.
- You (or your loved one) may **eat at the time of day of choosing**—we have food available around the clock.
- You (or your loved one) may eat in a congregate dining room; a smaller dining area with a few other residents; or alone if that is the **personal preference**.



Hygiene

- Please share **your (or your loved one's) preferences** for times of day to wake, wash and dress, go to bed, nap, etc.
- Please **have comfortable clothing** and also include sweaters. Your (or your loved one's) ease of donning and doffing the articles of clothing is important.
- We want to know if you (or your loved one) prefer showers, tub baths, a thorough bed bath, or to wash up at the sink. We will help a resident to **maintain independence** with personal hygiene as long as possible.
- Staff members are trained to offer **care in alternative ways**, based on the preferences of each elder. We may come back later if you (or your loved one) becomes distressed when we approach to offer hygiene assistance. Please know that our goal is always to ensure that the resident receives the care needed and deserved, without causing distress.



Sleep

- Dementia may disrupt an elder's sleep cycle. **We observe for the first few weeks** while the elder is settling in and adapt the daily schedule to personal needs for sleep, food, and recreation.
- Some residents stay up for extended periods of time and then sleep for long stretches. We avoid the use of sleeping medications and **provide for your (or your loved one's) needs** regardless of sleep patterns.



Dignity, Well-Being and Joy are our priorities within Long-Term Care each and every day. Please reach out to us at any time with questions, concerns, or just to check in.

Thank you for choosing St. John's Home!