

## Pathways

Pathways is a Special Care Unit within Three Links Care Center which serves those residents who are experiencing the later stages of Alzheimer's Disease or a diagnosis of other related dementias. Our staff takes great pride in their work as they strive to serve the needs of each resident on an individual basis.

The environment of Pathways has been designed to serve the needs of residents who are experiencing later stages of memory loss. Pathways serves only twenty four residents so staff can know residents and their families on a personal basis. There is plenty of room to wander, with many interesting stops along the way. Memory Boxes outside each resident's room offer an opportunity for families to personalize a display which highlights special events in a resident's life. Through this display, staff can learn more about each resident and their family, and residents might pick up a directional cue that identifies their room.

There are several special areas which encourage residents to gather. The "house" in Pathways offers settings which are familiar to all. The kitchen is a great place to bake with supervision, the dining room table beckons staff, residents and families to stop for a cup of coffee and the living room is a comfortable place to watch television or take a nap. For those who just need to be busy with something, our Sensory Room is full of busy things to touch, carry and arrange.

We encourage residents to furnish their private or semi-private rooms with belongings from home. Family pictures, a favorite chair or a nice warm afghan add to the cozy feeling of each resident's room. Pathways offers an opportunity for residents to enjoy an outdoor courtyard with a wandering path. The patio area is secure, allowing residents freedom to wander outdoors when weather permits.

## Activities and Recreation

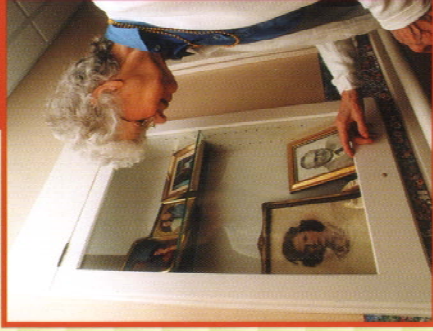
In Pathways we uphold the belief that each resident shall participate in activities which are meaningful and appropriate to their cognitive level. Activities which stimulate past memories, experiences which create successes and exercise which retain vigor are an important part of each day.

Music is frequently woven into the events of each day. There may be an opportunity for an old fashioned sing-a-long, time to enjoy a piano concert or an organ recital in the Meditation Chapel, or soothing music to calm the spirit. Residents often go to the Chapel to sing with the Care Center choir. This choir frequently performs at special services and events. We encourage children to share their musical talents or art abilities with residents by welcoming visits from local schools and youth groups. Familiar household tasks often bring a sense of belonging to residents. Baking cookies or bread, sharing snacks in a small social setting or folding clothes bring a sense of accomplishment to the former homemaker.

Residents may be escorted by staff or family to programs and events in other parts of the Care Center. In warm weather, our Activity staff take small groups of residents for rides in the countryside. Stopping for ice cream is a favorite way to end these outings!

Activity staff and Social Service staff participate in special training sessions to promote their understanding of Alzheimer's Disease and behavior management.

We encourage our nursing staff, families and visitors to join our activities at any time! Our philosophy is "the more the merrier," so feel free to join in the fun!



Three Links Care Center