

When caring for a loved one with dementia, it's easy to dwell on the memories that have been lost. But when you take a step back, you know there are certain things that the disease can never take away.

*The deep relationship you have with your family member.*

*The love and appreciation you have for one another.*

*The way they've made you feel.*

At Maplewood, our expert, caring associates relieve you of the burden of care and free you to reconnect with your loved one. Life becomes less stressful as they settle into an environment that respects their intelligence and encourages their independence. Our memory care community includes *Tides*,™ designed for those with early-stage dementia, and *Currents*,™ for those with more advanced memory loss.

Come experience a vibrant, beautiful community that inspires you and your family member to feel differently about Alzheimer's disease and related dementia.

*hopeful*  
*lewood*

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**MAPLEWOOD**  
senior living

Westport, CT | 203.557.4777  
[MaplewoodSeniorLiving.com](http://MaplewoodSeniorLiving.com)



# Memory Care at Maplewood



**MAPLEWOOD**  
senior living

*get back to the feelings that matter*

*assured empowered*

*Maplewood*



## Emotion based vs. activity based.

Many assisted living communities focus on what residents do between 9 a.m. and 6 p.m., but Maplewood focuses on how they feel 24 hours a day. Based on decades of experience in Alzheimer's disease and memory care, our emotion-based approach removes the stress of what residents can't remember or can't do and helps them discover the joy of living in the moment.

What hobbies make your loved one feel happy? What objects from their past make them feel sad or sentimental? What situations make them feel comfortable? These are the types of questions we ask in order to deliver a positive, 24-hour emotional experience for residents, staff, and family members.

## Memory care for different lifestyles.

The heart of Maplewood is embodied through **Vistas™**, an approach to assisted living that offers premier care to seniors who need some support in their everyday lives. For residents showing early signs of memory loss, **Tides™** provides a safe environment in which they live a life of supported independence. **Currents™** uses an emotion-based philosophy that helps Maplewood residents with advanced memory loss continue to enjoy life to their maximum potential.



*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

*~ Maya Angelou*



## A respectful environment where residents can be adults.

Another difference at Maplewood is that our communities are resident driven as opposed to resident focused. This means that your loved one tells us how they'd like to spend their day, rather than the other way around. In our respectful, intellectual environment, many residents enjoy the stimulation of high-level activities, such as foreign-language classes and book discussion groups. Others find great satisfaction in forming support groups and welcome committees for new residents.

In addition, your loved one is free to attend regular meetings with our Executive Director in which they can express their voice, offer up new ideas, and be an active participant in their own life. Whatever they choose to do, they are always free to do it on their terms—and on their schedule.

## Care for the mind *and* body.

For added peace of mind, residents can opt to have our on-site visiting physicians oversee their health and well-being. Additionally, licensed nurses are on-site 24 hours per day, seven days a week.

## Our expert, caring staff is the HEART of our community.

Although your loved one may be living with Alzheimer's or dementia, our staff always relates to them as people, not patients. They speak with residents in a respectful, adult manner and constantly look for ways to give them greater control in all their daily activities, from breakfast to exercise to personal care.

In addition, the same Maplewood associates interact with your loved one on a daily basis. This allows them to monitor any subtle changes and to ensure their health and well-being. Also, each and every member of our team—from clinicians to maintenance personnel—is trained using our HEART™ approach. This intensive eight-hour training program teaches our associates how to deliver the best possible emotional experience for your family member.

*Every associate is trained using the HEART approach, an acronym for **Humor, Empathy, Autonomy, Respect and Reaching out to others, and Trust and Triumph**. This emotion-based program guides the way we engage with residents in all aspects of their day.*

## Design and décor that enriches the experience of living.

From the moment you walk into our memory care community, you know instinctively—this is a warm, bright, beautiful place for your loved one to live. In our reception area, our gathering spaces, and our residences, you can't help but admire the fresh, thoughtful design, the cheerful and immaculately dressed staff and the pride of craftsmanship. Our attention to detail carries over into our dining room, where your loved one will enjoy a variety of menu choices, made with the freshest ingredients from local farms.

And rest assured that Maplewood not only inspires your family member, it also keeps your loved one safe and comfortable. Every aspect of our memory care community, from the dining room to our apartments, is designed to meet the unique needs of those living with Alzheimer's disease and related dementia.

