



# ENHANCED REHABILITATION SERVICES

Serving medically complex older patients with cognitive impairment

Westminster Place is pleased to offer physical, occupational and speech therapies for older adults experiencing cognitive impairment and other forms of dementia at our residential campus in Evanston.

## KEY ELEMENTS

- ✓ Clinical strategies
- ✓ Therapist training/education
- ✓ Nursing and other facility staff training/education
- ✓ Resident/Family health literacy

Westminster Place has been serving older adults, including those with cognitive impairment, for over 100 years and we understand the complex issues of dementia. Drawing on the Presbyterian Homes heritage of providing quality rehabilitation services for older adults, this new program meets a critical need for patients with cognitive impairment due to dementia, strokes and delirium. Our expert, compassionate team of physicians, nurses, therapists, social workers, activities and dietary staff are all trained to provide the personalized care that helps patients thrive.

Therapy's goal in a dementia program is to maximize functional performance to maintain the resident's quality of life at the highest level. *Ageless Abilities* Dementia Program focuses on treatment plans related to cognitive abilities of persons with dementia and promotes advocacy for improving quality of life.

Our approach is armed with strategies and recommendations that celebrate an individual's strengths and continued engagement within their environment – which makes a significant difference in one's quality of life and doesn't lose sight of their uniqueness.



**WESTMINSTER PLACE**  
A PRESBYTERIAN HOMES COMMUNITY

IN PARTNERSHIP WITH:

HEALTHPRO  HERITAGE

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Westminster Place is pleased to partner with Healthpro Heritage to offer the *Ageless Abilities* Dementia Program.

## “DICE” APPROACH

Therapy is active in utilizing the “DICE” Approach when collaborating with the Interdisciplinary team.

D

### DESCRIBE

identified perceived/  
responsive behavior

I

### INVESTIGATE

causes for perceived/  
responsive behavior

C

### CREATE

strategies to be  
integrated into  
care plan

E

### EVALUATE

success of strategies &  
need for modifications

## AGELESS ABILITIES:

- Uses evidence-based clinical strategies to identify the person’s best ability to function and allow for continued involvement in purposeful activities;
- Supports the caregiving team’s efforts and proactively address concerns;
- Advocates for each resident through the ongoing refinement of individualized care planning;
- Maximizes a resident’s daily performance and lessens the risk for excessive disability; and
- Utilizes dynamic and collaborative interactions to improve caregiver education, family training, and environmental safety.

## THERAPY-SPECIFIC STRATEGIES INCLUDE:

- Working collectively with family/caregivers to identify previous interests, values, and roles of the person with dementia to effectively engage the individual in daily activities;
- Recognizing how to utilize established routines and interests to tap into long-term, procedural memory to allow for successful engagement in desired tasks;
- Identifying internal/external factors that contribute to perceived behaviors which place them at increased risk for excessive disability (agitation, withdrawn behavior, restlessness, wandering);
- Ascertaining how perceived/responsive behaviors prevent consistent and successful engagement in desired tasks, the environment, and with others;
- Using stages of dementia to anticipate resident needs, in order to match demands to skill level;
- Identify and implement individualized activity-based Functional Maintenance Programs in order to maximize the resident’s success after discharge from therapy services.



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