

## HEALTH SERVICE CRITERIA

Persons whose needs could be met through Gentle Touch Health Initiatives, LLC at Cottagewood Rochester include those who;

- Have a diagnosed dementia related condition and are no longer able to reside independently in their apartment or home.
- Have a psychiatric diagnosis that may require a less stimulating environment.
- Have a need for specialized programming for memory loss and psychiatric behaviors.
- Have a need for a segregated unit
- Are anxious, depressed or agitated as a result of memory loss or psychiatric diagnosis, and find needed support and reassurance in the ongoing availability and presence of staff.
- Require daily help with several activities of daily living, necessitating multiple home care visits per day and/or frequent monitoring.
- Are experiencing symptoms of memory loss, dementia, or psychiatric diagnosis requiring frequent redirection and reassurance as well as a highly structured environment.
- Have behavior deficits that do not create safety risks but that likewise do not conform to generally accepted social norms.
- Need daily meals to support adequate nutrition and are unable to prepare or arrange for those meals themselves.



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*The* **HAVEN** *at*

*Cottagewood*  
SENIOR COMMUNITIES

## THE HAVEN AT COTTAGEWOOD ENHANCED MEMORY CARE

The Haven at Cottagewood is an enhanced memory care setting designed to meet the needs of individuals with behavioral challenges associated with dementia. This unique cottage is highly specialized with a structured, calming environment along with personalized programming and therapies.

Residents of The Haven can expect personalized services through Enhanced Dementia Programming (EDP) that focuses on each person's unique interests and abilities. Every element of our personalized programming is time tested and implemented for results. Validation®, PAC® and music therapies allow us to support individuals who struggle with behavioral challenges. Consistent natural lighting, sensory experiences and meaningful activities decrease problematic behaviors, thus improving quality of life.

The Haven consists of 20 private bedrooms with ½ baths. The cottage is staffed 24/7 by health care professionals who receive specialized training in our unique programming. Low resident to staff ratios, secured entrances/courtyard access and environmental design all contribute to what sets The Haven at Cottagewood apart from traditional memory care communities.



## ARCHITECTURE OF WELL-BEING

The Haven is designed using the "Architecture of Well-Being" framework. Using evidence-based criteria, this design plan identifies opportunities to create a healthier and more successful environment for our residents.

### Elements include:

- Enhanced Dementia Programming (EDP)
- Exposure to daylight and controlled lighting levels
- Access to nature both inside and out
- Nature-inspired design elements
- Controlled sounds levels
- Engaging art
- Validation® Therapy
- Music Therapy
- Positive Approach to Care (PAC)®
- Creative arts programming
- Physical fitness and meditation
- Pet therapy

## ON-SITE MEDICAL SERVICES

Residents and families will have piece-of-mind knowing that most health needs can be addressed on-site. Our Doctor/Nurse practitioner team comes to The Haven regularly. In addition, a podiatrist, audiologist, optometrist, and dentist provide services on site.

Emergency services can be received at Olmsted Medical Center or the Mayo Health System. We work closely with geriatric hospitals in both Rochester and Hastings.

\*As a requirement of stay in our Enhanced Memory Care Unit, you will be required to choose a doctor/nurse practitioner team designated in the admission agreement. This allows us to ensure timely response to emergency situations regarding psychology, physician & medication services.