

# Personal Care for those with Dementia

*Choosing what's best for you and your loved one.*

## *The Facts.*

An estimated 5.4 million Americans over the age of 65 currently have Alzheimer's disease; with that number estimated to reach 7.7 million by the year 2030.\* Approximately 280,000 of those are from Pennsylvania. Is one of them your loved one?

Choosing the best possible care for a loved one with dementia can be a daunting task, and finding a facility that is specifically designed to meet the unique needs of those with dementia can seem particularly overwhelming. Far too often, families unknowingly place a dementia sufferer at a lower level of care where staff is not trained to provide the care and support that you and your loved one require.

## *What's Out There?*

Assisted Living and Personal Care facilities are the most popular choices for those needing help with daily tasks of living such as dressing, bathing, basic housekeeping and taking medications. And while these living arrangements may temporarily suffice for those in the early stages of dementia, few of these facilities are equipped with staff trained specifically in the care of those with Alzheimer's disease and other forms of dementia.

A number of personal care homes are equipped with a section or secured wing assigned to the care of dementia patients. These residences allow your loved one to benefit by maintaining their health and a reasonable amount of independence for a certain period of time, though the unfortunate reality is that many must later relocate to a skilled nursing facility in the latter stages of their illness.

## *The Building.*

Secured facilities exclusive to Alzheimer's/dementia care like The Terrace at Brookline, are strategically designed with the dementia patient in mind, featuring tranquil, open spaces that meet the clinical needs of residents by helping to alleviate, rather than aggravate residents, and creating a warm, safe environment.

Featuring 38 furnished or unfurnished rooms, The Terrace offers a completely secured building, that includes a central shared day room, sun room, secure garden and outdoor courtyard, and quiet room, among others. Extra-wide hallways with various resting areas throughout allow room for those residents requiring wandering space.

## *The Support You Need.*

### **Alzheimer's / Dementia Support Group**

Second Tuesday of every month at 6:30 p.m.

The Inn at Brookline, 1930 Cliffside Drive, State College

For more information on The Terrace at Brookline or the support group, please contact Anne Campbell at (814) 234-3141 or via e-mail at [teadmin@brooklinevillage.com](mailto:teadmin@brooklinevillage.com)

## *It's What's Inside that Counts.*

With more than 100 years of combined dementia care experience, The Terrace offers uniquely-qualified staff, specially trained in all areas of dementia. From administration to nursing, activities to dietary, each employee receives ongoing education on the most up-to-date information available from, and provided by the Alzheimer's Association.



Anne Campbell, CDP  
*Administrator*



Debra Glenny, LPN, CDP  
*Nursing Coordinator*



Elizabeth Plozner Chalfa, CDP  
*Activities Coordinator*

As Certified Dementia Practitioners, Anne Campbell (*Administrator*), Debra Glenny (*Nursing Coordinator*) and Elizabeth Plozner Chalfa (*Activities Coordinator*) are recognized by The National Council of Certified Dementia Practitioners (NCCDP) as having earned the highest standard in Alzheimer's and dementia education, having completed extensive training in the key aspects of the disease including communication techniques, disruptive behaviors, interventions and tools for addressing concerns such as wandering, aggressive behaviors, and poor nutrition.\*\*

Many view Certified Dementia Practitioner certification as essential for today's dementia care professional. As the number of those affected by the disease continues to rise, the need for updated standards in this area requires healthcare providers to continually enhance the use of new methods, theories and tools related to Alzheimer's and dementia care practices.

\* Facts and figures courtesy of the Alzheimer's Association

\*\* According to The National Council of Certified Dementia Practitioners

Services are provided, referrals are made and employment actions are made without regard to race, color, national origin, ancestry, age, sex or religious creed.

- ✓ There are **NO ADDITIONAL CHARGES** should your loved one come to require higher levels of care during their stay with us
- ✓ **Long-term & short-term** stays available, including **Day Care** services
- ✓ Recreation programs designed to meet cognitive, social, physical, emotional & spiritual needs
- ✓ In-house services include a physician; podiatrist; ophthalmologist; dentist; psychologist; occupational, physical and speech therapists; and beautician/barber

Proud member of  
**alzheimer's**   
**association**<sup>™</sup>  
Greater Pennsylvania Chapter

*The*  
**TERRACE**  
*at* **BROOKLINE**  
*Living Solutions for Life*