



The Small House



Memory Care
at RWC



What is the Small House?

The Small House is our newest addition to the RWC campus. It is an independent memory care house that promotes person-centered care in a home-style environment. The Small House is a residentially styled, specially equipped home with eight private suites each featuring a sleeping area, living space and a full private bathroom with shower. Residents will likely spend more time enjoying the large, bright activity space, full kitchen, home-like dining area, safe outdoor space, and engaging individualized programming developed by their specially trained and dedicated team.

- The Small House brings an innovative approach to supportive living and care to residents of RWC and the Northern Neck diagnosed with significant memory impairment like no other local care organization currently provides. Memory Care in the Small House is similar to Westbury Court, our assisted living center, in that both offer assistance with activities of daily living, such as help with bathing, dressing, grooming and medication management. Residents of the Small House will also benefit from increased supervision, as well as activities intended to stimulate memory, and possibly slow the progression of dementia. All staff of our memory care unit are trained specifically to provide care and appropriate stimulation for those with memory impairments. The potential for improved resident quality of life far exceeds what is possible in traditional or institutional care settings because of the more home-like care is provided in a home-like, intimate and supportive setting that fosters more hands-on cuing and time for individualized reminders and care.
- The environment is relaxed and prompts residents to enjoy the little things in everyday life. Reminiscing about the simpler years of life, music, and belongingness will help those with memory impairments stay positive and hopeful for their future.
- A true innovation in care and quality of life for those experiencing dementia, the RWC Small House was inspired by residents, family members, staff, and benefactors who share a passion for superior memory care. The RWC Health Services team have been encouraged by the growing body of research and studies on what makes a successful environment for seniors living with memory impairment. The Small House or cottage model has been found to be the most successful environment in providing that sense of home, connectedness, and ultimately, happiness. Early encouragers of this innovative project were late residents Capt. Bill Knoll and Capt. Bill Johnson. Late resident and trustee Rebecca Smiley's valiant walk with dementia inspired us to provide special programming in a home-like atmosphere. And, enabling benefactors including the late Thomas (Tom) H. Birdsong, III and Mrs. Birdsong and the Birdsong Charitable Foundation bring this dream to life.
- The Small House person-centered care model fosters care plans that are extensive in documenting resident likes and dislikes as well as residents' physical capabilities. Residents will be encouraged to continue maintaining their own personal care as much as possible. Residents will also be given the opportunity to assist with the daily chores of living such as setting a table or folding laundry. Resident preferences for daily routines such as time to rise in the morning, time to go to bed, whether to eat a meal family style, alone or one-on-one, or desire to enjoy a special flavoring in their morning coffee will be honored as much as feasibly possible.



Activities

- Residents will enjoy activities created by our certified activities coordinator with caregivers implementing the plan and participating as they lead residents every step of the way. With such a small staff-to-resident ratio, staff will be able to customize activities to meet various resident needs and preferences. Activities that interest residents will ensure they are mentally and physically stimulated daily. The Small House model encourages an abundance of activities that many do at home daily. Cooking, gardening, light housekeeping, exercising, stimulating conversations and projects will all promote a good quality of life and fulfillment. Additionally, researched activities that support memory may help to slow the progression of dementia. Such activities may include favorite music, viewing family photo albums, traveling to previously visited locations on-line, putting together a puzzle, completing a word find, adult coloring, sensory hobbies such as pottery or molding with clay, walking tours around campus, yoga, etc.
 - Dining services will bring all meals from the main dining facility over to the Small House. However, the Small House is equipped with a beautiful full kitchen which will be stocked with ingredients for caregivers to make alternative meals and refreshments as preferred or as part of an activity during the day. This will allow for residents' specific likes and dislikes to be honored.
 - The RWC wellness team in our Life Enrichment Center will direct exercise sessions that can be accessed through our internal Channel 85, with staff exercising with residents, adapting moves, and offering encouragement throughout each session. There will also be periodic in-person exercise classes offered by wellness staff.
 - With a large fenced-in patio adjacent to the main living area, residents will have the opportunity to enjoy the sunshine or a cool breeze, dine or relax in our patio seating, work in our raised garden beds and participate in various picnics or special events, or simply enjoy some quiet time outdoors.
 - There is a large open family room where residents and caregivers will enjoy the multitude of activities offered, or curl up with a book, enjoy music or conversation with one another around the fireplace. A comfortable living room is located just inside the main entrance for family members to visit and or dine with their loved one in private.
- We encourage visits from family and friends. To that extent we do not limit visiting hours, number of visitors or age of visitors. Pets may visit in pre-approved circumstances. We highly encourage friends and family members to visit and participate in resident activities or take residents for a supervised stroll around our campus to enjoy the many other amenities on site.

Care Received

- The Small House is under the direction of an Administrator, Medical Director and Nurse Practitioner. The team also includes registered nurses, certified nursing assistants, certified medication aides, restorative aides, social workers and activities staff. Support staff include a registered pharmacist consultant and a registered dietitian consultant. Residents have the choice to be under the care of our in-house physician or continue to see their local physician out in the greater community. We also have appointments available onsite with a psychologist, audiologist, and podiatrist.
- A registered nurse or licensed practical nurse will periodically make rounds in the building and be on-call for emergency situations and care requiring specialized skills.
- Small House staff members, like all RWC staff, are selected based on their credentials and their commitment to RWC's mission. All staff are expected to work with a joyful spirit and to make resident needs a top priority. Small House staff will have at least twelve hours of specialized dementia care training, will hold a current nursing license with the Virginia Board of Nursing as appropriate, and will be current in CPR, AED and First Aid.
- Caregivers will work in eight-hour shifts providing a full report at each shift change, as they work together as a team to be sure all resident needs are met. They will have support from the assigned charge nurse on each shift and from the Assisted Living Administrator.
- Residents that live in the Small House can receive assistance with transportation to and from doctor's appointments and receive medication management, physical therapy, pharmaceutical services, speech therapy and occupational therapy.



Westminster
Karpenter



Care Received *(continued)*

- Residents have the ability to wear a safety pendant in case they need to call for assistance. Rooms are equipped with an emergency call system, call bells, pull cords in the bathroom and additional alarms including motion sensor, chair alarm and bed alarms.
- An individualized plan of care promotes a good quality of life where the person's emotional, physical, mental, and spiritual needs are recognized and supported. Staff are available 24 hours a day to guide residents through dressing, bathing, and grooming. Two specially trained dementia care nurse aides will be present at all at times to provide assistance with daily living activities, serve meals, pass medications, coordinate transports and appointments for residents, coordinate care needs with doctors, and ensure residents are safe with a balance of rest and active engagement.
- Upbeat, positive attitudes will fill the house with laughter and encouragement.

Amenities

- A secure comfortable environment for residents with dementia to maintain independence. Amenities and services include:
 - Hair Salon and Spa
 - Three healthy, home-cooked meals are provided to the residents
 - Weekly menus are scheduled, and residents may select from the menu or take substitutions to suit their own tastes.
 - Special diet requests can be accommodated.
 - Private, secure outdoor patio
 - Raised garden beds for resident use
 - Standard cable TV access
 - Individually controlled heat and air condition
 - An optional telephone is provided in each suite
 - Housekeeping once a week
 - Laundry
 - Marking your clothes, linens, or towels is required when RWC is laundering your clothing/linens.
 - Full generator power enabling the Small House to function during electrical power outages

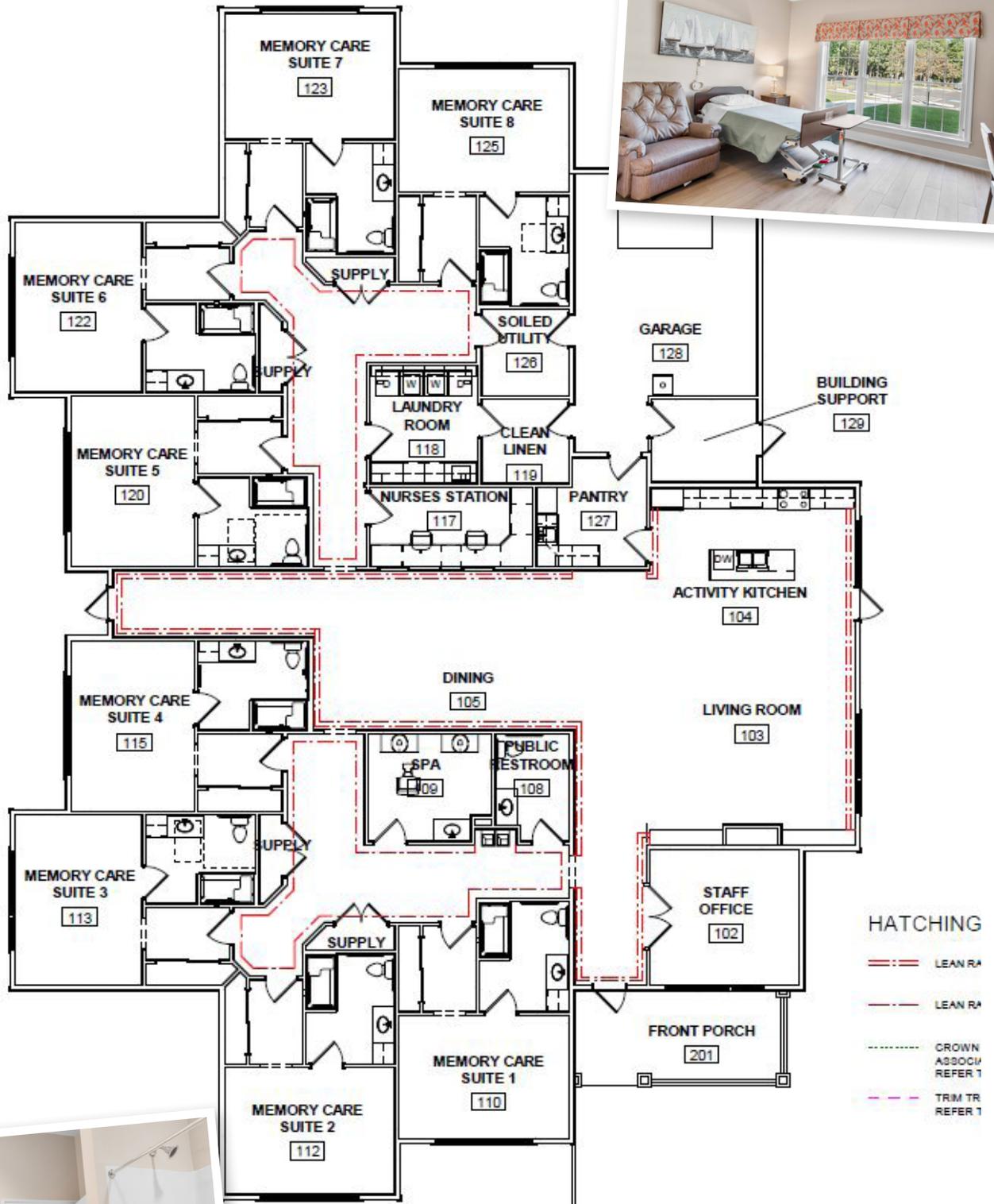


Sample Daily Routine

(Always honoring residents' preferences and lifestyle)

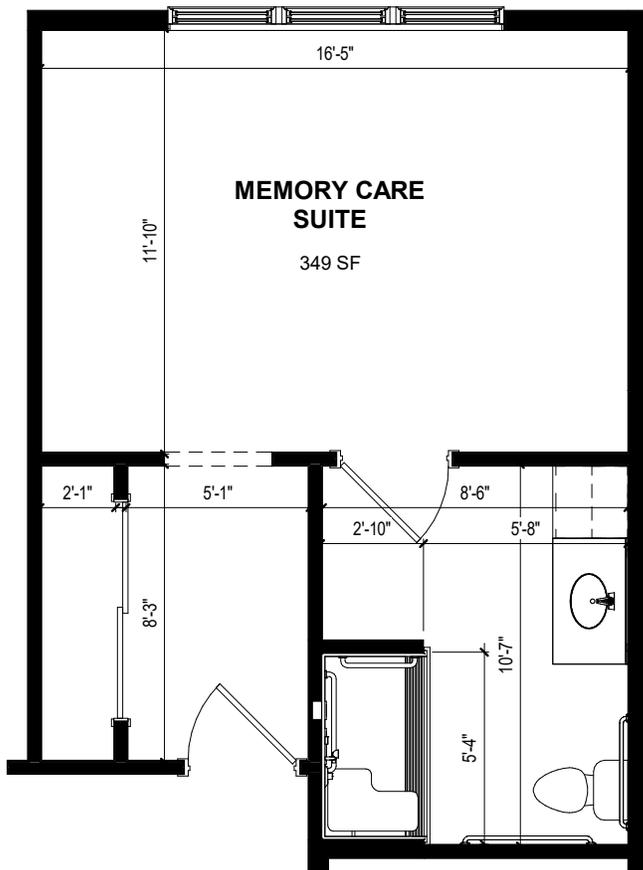
- Clients will be greeted each morning by staff serving as a check in and opportunity to assist with getting up and ready for their day. This will include help with transfers, toileting, showering, getting dressed, and setting up where the resident would like to eat breakfast – with encouragement to join the others dining family style around the large dining room table. Those who are late risers will be checked on followed by being allowed to sleep later if desired.
- Residents will then participate in morning exercise as a group followed by an activity planned by the activities coordinator, and executed jointly by on-site activity staff and caregivers.
- Lunch will be set up and residents will gather around the table for lunch and conversation.
- Early afternoon will include down time such as one-on-one activities, reading, listening to music, sitting on the patio enjoying the weather, making a dessert or smoothie, conversation/companionship, or assistance getting into bed for an afternoon nap if preferred. This will also be a good time of day for staff to assist residents with laundry.
- Late afternoon may include an activity such as baking, group game, manicures/pedicures, looking at pictures and reminiscing as a group, making a particular craft, planting in raised bed or weeding, travel time with interactive discussion/pictures/video about places of interest.
- Dinner will be set up and residents will gather around the table for dinner and conversation.
- After dinner residents may enjoy dessert, coffee and conversation around the living room followed by assistance with bedtime routine and help getting into bed.

Floor Plan



The Small House common spaces include the kitchen, dining room, living room, family room and outdoor patio. Each resident will have a fully furnished suite with private in-suite bathroom. RWC encourages residents to bring their favorite personal articles and decorations.

Visit our website to view a virtual tour or call **804-438-4000** to schedule one today.



Admissions Criteria

Assisted Living licensure requires residents that are mobile and regularly independent. The Small House staff will ensure independence with reminders, cueing, and an exciting living routine. A diagnosis of serious cognitive impairments is required due to a primary psychiatric diagnosis of dementia leads to an inability to recognize danger or protect their own safety and welfare.

Admissions Process

Step 1 - Complete Admissions Forms

- Application for Admission
- Personal Health History
- Confidential Financial Statement
- Physicians Exam Report (to be completed by your physician)
- Most recent doctors note (provided by your physician)
- Assessment of Serious Cognitive Impairment (to be completed by your physician)

Step 2 - If information that was provided looks as if your loved one will be a good candidate for the Small House, or you are your loved one will arrange a meeting with the health services interdisciplinary team to discuss to review your medical history and develop with a plan of care.

Step 3 - After a meeting with the interdisciplinary team, they will determine approval. Once you receive a call of approval, a move date will be planned for 30 days from the date the physician signed the Physicians Exam Report. A Tuberculosis test (PPD) or a chest Xray will need to also be completed prior to move in.

Step 4 - Coordinate move-in date with Small House staff and the marketing department.

Rates

All-inclusive Daily Rate

Technology service fee \$30/month - High-speed Internet and basic cable services are provided by Breezeline. Our IT staff provides specific technical support services to residents. Ancillary charges could include

- Salon Services
- Phone – for local calls
- Laundry



Vision

To be a premier center of excellence for senior adult services.

Mission

Rappahannock Westminster-Canterbury is a church-related continuing care retirement community committed to providing the highest quality living experience for senior adults.

Values

With a joyful spirit we pledge ourselves to:
Excellence, Compassion, Integrity, Innovation, Commitment, Trust and Respect



Rappahannock Westminster-Canterbury
132 Lancaster Drive • Irvington, Virginia 22480
804-438-4000 • Toll Free 800-792-1444 • Fax 804-438-4854
www.rw-c.org