



Is it for me or for you?

Facility Name's guiding principles for person-centered Dementia care that supports our residents without the use of unnecessary medications:

We believe that people living with Alzheimer's Disease and/or other related dementias can continue to engage in meaningful activities and participate in their overall health and wellness.

- We strive to achieve the lowest possible rate of antipsychotic medication use because:
 - These medications can have serious, life-threatening side effects, such as stroke, falls and pneumonia.
 - According to the FDA black box warning, they may increase the risk of death for elderly residents.
 - They are not designed to treat many of the symptoms associated with dementia.
 - When used for staff convenience, they are a chemical restraint.
- We embrace a person-centered approach to care that includes knowing each resident, their routines, preferences, achievements, fears, desires and hopes. We strive to understand each resident's reality.
- We believe that all behavior is communication and work to understand and address it for each individual resident. Residents may have an unmet need or are unable to make their concerns known verbally.
- When possible, we adopt non-pharmacological approaches to engage residents such as resident-specific therapeutic activities, music therapy, one-on-one interactions, environmental modifications, activities and exercise.
- We provide routine comprehensive dementia training to our staff because they are critical to the success of our efforts and know our residents the best. Education provided is current and reflects evidence-based, best practices in dementia care.
- We work with our health care partners, such as pharmacists, doctors and therapists, to assess our residents' health status and achieve our antipsychotic medication reduction goals.
- We measure and monitor our efforts on a routine basis and continuously consider how we can improve care delivery and quality of life, always asking, "Is it for me or for you?"

We welcome your feedback and comments on our dementia care efforts. Please direct them to: insert contact info here.