



# MINDFUL LIVING



Onsite Concierge-Style  
Therapy Services



# ONR TOUCH MINDFUL LIVING

**Mindful Living** is a specialized, collaborative program for residents with forms of dementia, including Alzheimer's, with a focus on maximizing each resident's abilities within their environment and keeping them independent as long as possible. We partner with residents, families, community staff and physicians to achieve outstanding outcomes.

## THE FIVE PILLARS of Mindful Living:

1. **Physical Exercise.** Helping individuals maintain or improve function, and restoring or compensating for a functional decline due to an injury or other health episode.
2. **Safe Environments.** Keeping residents engaged and secure in their environment.
3. **Communication Strategies and Engagement.** Engaging in daily activities to the greatest extent possible throughout the course of the disease.
4. **Stress Reduction.** Developing and enhancing routines.
5. **Education.** Providing family and caregivers with education and knowledge about dementia for clinical management and quality of life.

- ✓ Concierge-Style Service
- ✓ Quick Access to Care
- ✓ Personalized Programs
- ✓ Optimal Results

## WHAT IS DEMENTIA?

Dementia is neither a disease, nor a diagnosis, but a descriptive term for a collection of symptoms. These symptoms are all part of a large picture of global, progressive, cognitive impairments that are severe enough to interfere with independent functioning. The cognitive deterioration associated with dementia is acquired later in life.

## WHAT IS ALZHEIMER'S?

Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks.

There is no cure for dementia, yet therapy may help an individual with forms of dementia, including Alzheimer's, live independently as long as possible.

## PERSONALIZED ASSESSMENT

Our therapy team understands each resident is an individual with different levels of abilities, not deficits. Residents in Memory Care will have a personalized plan of care based on an individual assessment.

Our speech or occupational therapist meets each resident one-on-one to determine the level at which they are functioning and the extent to which new learning is possible.

The therapy team, which also includes a physical therapist, then initiates strategies for enhancing routine, performing tasks independently, and reducing stress within their environment. These strategies focus on the goal of having the resident do as much as they can for themselves and enhance their quality of life.



## THERAPEUTIC INTERVENTIONS

ONR's non-drug approach matches the resident's capabilities and environment utilizing techniques such as:

- ✓ Environmental redesign
- ✓ Prescribed use of music, touch, sensory-based strategy
- ✓ Caregiver training, exercise, use of pleasant events
- ✓ Activity engagement
- ✓ Rehab interventions and therapies to target individual challenges
- ✓ Family involvement, education and support
- ✓ Simple strategies for communication, environment, or task

## OUR TEAM

Each discipline focuses on different aspects that can assist residents with maximizing their abilities as long as they can.

**Speech Therapy** stimulates cognitive abilities through therapeutic activity and compensatory strategies.

**Occupational Therapy** retains function for daily activities and works with environmental modifications.

**Physical Therapy** restores function and mobility, addresses pain issues, balance, and falls.





WHERE REHAB IS A TEAM SPORT



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Visit us online: [www.onr-inc.com](http://www.onr-inc.com).