

What Is MindCare?

According to the Mayo Clinic, dementia isn't a specific disease, but rather refers to a group of symptoms that affect daily functioning, thinking, and social abilities.

Residential Home Health's MindCare program is an individualized approach to dementia care, designed to educate and equip caregivers and help improve quality of life.

MindCare keeps patients safer at home, increases their participation in everyday activities, and reduces caregiver stress.



MindCare increases patient participation in everyday activities and empowers caregivers with:



Multi-Disciplinary Teams

May include:



Nurses



Occupational Therapists



Speech Therapists



Medical Social Workers



Physical Therapists



Caregiver Support

- Caregiver competency-focused training with guidance on communication strategies
- Resources tailored to the specific needs of each patient and caregiver
- Teaching on the stages of dementia and recommendations to help address physical, mental, and behavioral challenges
- Community assistance and long-term planning



Better Living Strategies

- Techniques to help manage continence
- Approaches to decrease patient agitation
- Methods for improving everyday activities, including eating, bathing, and dressing
- Swallowing and communication exercises to enhance social interactions
- Recommendations to promote patient's problem-solving, memory, and thought process



Safety Education

- Home environment evaluation for potential hazards and assistance with adjusting or removing them as necessary
- Incorporation of StepWise, Residential Home Health's fall prevention and awareness program, to assess and reduce fall risk
- Information, precautions, and solutions for potential wandering



Consider MindCare to lessen your health risks and minimize the impact of dementia on your day-to-day life.

Residential's MindCare program provides:



Standardized Assessments

- Help identify appropriate patients for MindCare program
- Determine individualized treatments and education
- Guide interactions and training with patients and caregivers
- Include SLUMS (St. Louis University Mental Status Examination), CPT (Cognitive Performance Test), and Adapted FAST (Functional Assessment Staging Test)

Consider MindCare if you have noticed difficulty in any of these areas:

- Managing continence
- Completing tasks around the house
- Experiencing confusion or increased forgetfulness
- Feeling unexplained agitation or anxiety, or other mood changes
- Becoming more withdrawn
- Letting go of good hygiene practices



Visit our website at residentialhomehealth.com or call a Residential Home Health nurse today.
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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-902-4000 (TTY: 711).

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