

Woodside Place of Washington

Policy re Environmental Protection: Enhancing Environmental Awareness, Minimizing Environmental Stimulation and Maximizing Independence of the Residents

Woodside Place of Washington was constructed with specific features to provide environmental cues to promote resident awareness, stimulation and independence. They include the following:

- **Physical Orientation:** Four small houses were constructed to provide more intimate households for resident living experience. Two houses on both upper and lower levels are connected to a shared common living and dining area. Each house holds 9 residents, and there are two houses per level.
- **Support for wandering/exploring:** Each level is constructed in the layout of a loop so that residents can wander in a secured environment inside. Each loop includes a sunroom with seating. Additionally, residents can wander outside in secured courtyards that feature sidewalks constructed in a loop. All exterior doors are secured through a maglock system. Interior doors that lead to team-only areas (soiled utility, etc.) are likewise secured through a locking system.
- **Physical Plant Enhancements:** Circadian lighting is built into the common areas of each level with the purpose of simulating natural daily light cycles. Additionally, large windows throughout the building provide large amounts of natural light. In addition, WELL building international standards have been implemented which provide for enhanced light and space.
- **Visual cueing/common areas:** Each house has a Washington County theme, with accompanying artwork that displays the theme. Houses are: The Fairgrounds, The Springhouse, The Countryside and The Bridges. Artwork in each house is unique and corresponds to the theme. Specific artwork was chosen that is “big, bold and simple,” or recognizable to a resident with dementia who has impaired vision. Therefore, in addition to having familiar scenes of Washington County overall, each house provides specific cues as to the resident’s house location. Artwork in the dining area reflects basic foods (apples, etc.) to support “mindful choices” in eating as part of the WELL building theme.
- **Visual cueing/resident room areas:** Digital memory frames are installed outside each resident room. Residents wear a bracelet that will activate the digital memory frame when they are in close proximity. The memory frame contains digital photos, videos or memorabilia that is significant for this resident in terms of their lived experience. Nightstands in each room contain an amber motion sensitive night light.
- **Positive Approaches:** Team members are trained to use positive approaches in terms of cueing residents as needed. Montessori methods also have been introduced which utilize repetitive cueing as a way to assist residents with activities of daily living. Team members regularly receive training on dementia through various Dementia Workshops, Certified Dementia Practitioner, DementiaLIVE, and other specific training.

In addition, specific therapeutic programs are offered which can either enhance or reduce stimulation as per the resident’s unique personal needs:

- IN2L (It’s Never 2 Late) computer programming which multiple applications
- Music and Memory
- Discovery Room (sensory equipment)
- Personalized therapeutic programs directed by a recreational therapist