

Memory Care Mastery and Herb Curriculum



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Creating a fast and easy-to-implement system to spark joy which reduces dementia agitation and caregiver burnout

What Is It?

A practical training and care giver system for decreasing agitation in residents with dementia through easy-to-implement, low-cost frameworks.

Who is this for?

Perfect for:

- Memory care teams
- Family caregivers
- Hospitals & rehab facilities

What are the Problems we are solving?

Most memory care environments face issues daily:

1. Agitated high level care dementia residents
2. High caregiver burnout and turnover
3. Unhappy families

Medications are often used to sedate, but administering medication can be time-consuming for staff and costly. It also diminishes the dementia patient's ability to enjoy activities and have a higher quality of life being their best self.

What you'll accomplish

You'll discover how to:

- Spark joy in residents which in turn reduces stress and agitation
- Prevent agitation before it begins
- Reduce agitation as it arises
- Increase quality of life for everyone (residents, families, staff)

Which in turn

- Creates smoother daily operations
- Improves family satisfaction
- Creates joyful interactions between staff and residents
- Transforms caregiving from burnout to fulfillment
- Helps retain quality staff

Proof

- We dramatically diminished unwanted behaviors with over 200 residents. We administered FAR LESS PRN medications.
- Family members noticed their loved ones happier and more content.
- Caregivers reported their jobs were more fun and ADL's accomplished easier!!

The process

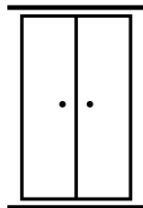
Step 1

Activities as an ADL - Individual and an Activity Closet

Creating an easy-to-implement schedule with strategic activities



Use individualized activities throughout the day based on sparking joy through their individual lives.



Step 2

Behavioral Redirection

Re-direct residents using principles that successfully reduce agitation



YES

Use soft tones, therapeutic lies, and yes/and statements to validate, then gently shift focus back to an item from the activity closet.

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