

## AVALON CARE AND SERVICES GUIDE



# Get to know us

At Avalon Memory Care all of our focus and attention is on you and your loved one. Since 1995, our family has been dedicated to helping the people in our community through the difficult process of transitioning loved ones to a home that meets their evolving care needs. Avalon Memory Care is unparalleled in professional and sensitive care while also assuring the safety and well-being of our residents. We are licensed by the State of Texas as a small/large Type B Assisted Living with Alzheimer's and Related Disorders certification. We have comparable licensing from the Department of Health and Senior Services in the State of Missouri.



Residents with dementia, Alzheimer's disease or other cognitive impairments deserve a model of care that's uniquely tailored to their special needs. At Avalon Memory Care, we strive to achieve excellence in memory care for your loved one by focusing on each individual's physical, emotional, social and spiritual needs. This specialized model of care allows our team to maintain and support self-esteem, dignity and the resumption of many daily personal tasks.

### Avalon's care

When placing your loved one in a memory care center, you want peace of mind that they'll be receiving the best care. Avalon specializes in care specifically for those with Alzheimer's disease or related dementias, but we are happy to assist residents with the following conditions and other extenuating circumstances:

- Dementias induced from stroke, surgery or accident
- Requiring assistance with balance, mobility and using canes, walkers or wheelchairs
- Incontinent, frail or needing assistance and supervision with activities of daily living
- Visually or hearing impaired
- Those suffering confusion, wandering or depression
- Specific services are based on the family's request, needs, pre-admission assessments and subsequent re-assessments.

At Avalon Memory Care, your loved one will receive prompting to full assistance in bathing, dressing, grooming, toileting, feeding, incontinence care, walking and other activities of daily living. Along with continuous care and



supervision from trained staff, your loved one will be observed for changes in condition such as cognitive, physical, emotional and social functioning. Arrangements can be made to provide bedside care for temporary illnesses and recovery from surgery or accidents.

The Avalon Memory Care team will communicate regularly with your family and physicians, nurse practitioners, physical/occupational therapists, home health and hospice personnel providing care to your loved one within our Avalon location. The team will handle medication management and assistance with all prescribed and over-the-counter medications per their doctor's instructions. Assistance will be provided to obtain any necessary medical and dental needs for your loved one while in our care. All of our Avalon locations allow for aging in place and are prepared to offer individualized care from early stage dementia all the way through end of life.

The specific types of residents accepted can vary for different types of facilities. You will need to inquire about your loved one's specific situation and needs. At Avalon, we are capable of taking more complex cases of dementia and Alzheimer's including residents with mental health or behavioral issues, that other facilities might not consider accepting. At Avalon, along with the multi-disciplinary team, we are dedicated to working through any issues that may occur with your loved one, rather than immediately referring to a geriatric psychiatric consult or asking them to move. Unfortunately it is common in the industry, that many other facilities enforce a stricter discharge policy. Our staff is trained and experienced in providing care to residents with all forms of dementia including, but not limited to Alzheimer's disease, vascular dementia and dementia from Parkinson's disease, fronto-temporal dementia and Lewy body dementia.

As a stand-alone memory care solution, Avalon Memory Care focuses on overall quality of life for our residents with an individualized, flexible and compassionate care system because enforcing structure and tight timelines can often cause agitation for those suffering memory loss. We focus on nonconfrontational care with gentle redirection when a resident becomes upset rather than deferring to medication at every situation. We practice this compassionate method as opposed to heavily medicating residents because of the diminishing affects medications have on cognitive and functional abilities. We'll strive to provide a high quality of life through compassionate and individualized care in a home-like setting for your loved one. Our goal in caring for residents is to provide daily joys and happiness for the whole family.

## Our accommodations

Surrounded by family treasures and memories, residents live in the comfort and privacy of their own rooms in a spacious, ranch-style, one-level home with built-in security features such as a secured patio and backyard. They bond with and enjoy the companionship of other residents that inevitably lead to a "family feeling," eliminating the loneliness or isolation often experienced in impersonal settings. Our residents enjoy luxury accommodations including exquisite furnishings in these fine homes.

Residents bring their own furniture for their bedroom to make it feel even more like home. We offer daily cleaning and maintenance, as well as complete laundry services. Our shared spaces provide warm, sunshine-filled seating areas. Families are encouraged to bring familiar items of their loved one such as family photos, or other keepsakes that remind them of home.

At Avalon we focus on the safety and well-being of our residents, 24-hours a day, seven days a week. We have customized security and fire protection systems installed in our homes to ensure that your loved one is as safe as possible. Our well-trained staff is always available to deliver each resident outstanding care that provides peace of mind for family members.



We'll strive to provide a high quality of life through compassionate and individualized care in a home-like setting for your loved one.

## Social and recreational activities

For residents, an Avalon home is a welcome solution for someone who requires 24-hour a day care. Basic needs are met while simultaneously achieving the highest standard of living — a standard of living that the resident deserves, not simply artificial activities to keep them busy. Baking, gardening and other activities that would not be possible in other settings may still be enjoyed by our residents.

We follow a palliative care plan that includes activities such as sing-a-longs, creative art, crafting of seasonal decorations, bingo, games, puzzles, Bible studies, reminiscing games and exercise,

among others. Music and sing-a-longs are an important part of residents' care because "many Alzheimer's patients can remember and sing songs even in advanced stages, long after they've stopped recognizing names and faces."<sup>1</sup> Reminiscing activities allow for the cognitively impaired to pull from their long-term memory stores, which are often still intact rather than their short-term memory store, which may be diminished.

We offer a planned schedule of activities that makes use of the resources in our homes and the beautiful surroundings of our neighborhood. We firmly believe activities and companionship can replace daytime sleeping, allowing your loved one wimproved sleep patterns.

## Nutritious meals

We serve three home-cooked meals every day along with nourishing snacks and hydration in between. Our meals are well-balanced, healthy and delicious. We accommodate special diets as prescribed by a physician or by personal, cultural or religious preferences. Family members and guests are always welcome to dine with their loved ones.

Our weekly menu focuses on the four essential food groups that promote good health: fresh fruits and vegetables; whole grains, enriched breads and cereals; milk and dairy products; fish, poultry and lean meats. We honor and encourage all favorite food requests. A variety of familiar smells are found in each home's common areas, including memory provoking smells such as cookies, cakes, pot roast and vegetables, or simmering soups and stews.

<sup>1</sup> Alzheimer's Association, Music Therapy Enhancing Cognition.

# Avalon Memory Care

Avalon is a family owned and operated company committed to providing a stable and consistent family-style, home-like environment with exceptional care for all of our residents. Being family owned enables us to focus more on the quality of care than corporate operations, which ensures that your loved one is receiving the best care available.

As you take this emotional journey and face this pivotal crossroad, let us be there for you and your loved one as your advocate, your emotional support guide, your educator and your health care advocate. Remember that at Avalon Memory Care homes, we keep family first, focusing on providing joy and quality of life for your whole family. We look forward to helping you in any way we can. Please feel free to contact us at **972-694-4205** or **AvalonMemoryCare.com**.



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WHAT MAKES US SPECIAL**

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**Houston**  
(4 Locations)  
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**San Antonio**  
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**972-694-4205**  
**888-527-0761**  
**AvalonMemoryCare.com**  
Facility ID # 106406