



Atria SENIOR LIVING
Life Guidance® Memory Care



People belong together

At Atria, we believe that despite the challenges of memory impairment, a person with Alzheimer's or dementia can continue to live an engaging, meaningful and joyful life. We know that older people who are part of a caring community live longer and experience less stress than those who are isolated and lonely. Staying socially connected and engaged is good for a person's physical and psychological health.

Each day, Atria residents enjoy a thoughtfully designed community filled with neighbors and friends to connect with, and helpful people dedicated to making each day easier and more fulfilling. With support from specially trained staff, residents benefit from care and services that enhance their quality of life.

For family caregivers, Atria staff offer extra peace of mind through regular phone calls and updates via the Atria Mobile app. Family support groups provide opportunities to share experiences, and the door is always open for visits, meals and events.



Greater peace of mind

For individuals and their families facing the challenges of dementia, Atria offers Life Guidance® – a forward-thinking memory care program featuring a welcoming, vibrant neighborhood, engaging programs and highly personalized care and attention from specially trained staff.

The neighborhood offers safe, secure spaces where residents can move around freely, maintaining a sense of independence. Soft music, abundant natural light and carefully curated decor create an environment that promotes greater well-being and reduces stress.

To encourage connection with others, apartments are purposefully designed with a smaller footprint so that each acts as a bedroom and the neighborhood becomes the home. Door displays feature personal photos and mementos provided by family members to help residents navigate back to their apartment. This communal living style enhances safety while helping residents feel supported and engaged.

To provide even more interpersonal connection, shared living apartments are available, allowing residents to benefit from the enjoyment and companionship of a fellow resident.

A helping hand close by

Following an assessment of a resident's physical, emotional and functional needs before they move in and periodically thereafter, Atria's memory care team creates a personalized plan that offers the right care at the right moments.

Dedicated, highly trained staff are available 24/7 to provide discreet support with personal care services including:

- Assistance with personal grooming and getting dressed
- Medication administration, reminders and supervision
- Safety and wellness check-ins
- Assistance getting in and out of a bed or chair
- Escorts to and from meals and events
- Medication reviews and consultations with physicians (includes assistance with prescription orders)
- Help with adhering to special dietary restrictions such as low-salt and/or low-sugar diets
- Incontinence management (includes toileting assistance)

INDIVIDUALIZED CARE

Life Guidance memory care staff receive extensive, specialized training in dementia care, including a stringent orientation program and at least 15 hours of mandatory additional training each year.

Opportunities every day

Atria's Engage Life® program offers people living with dementia a variety of ways to add meaning, purpose and joy to their daily lives.

Using a Resident Discovery Survey to learn about each person – from past occupations to favorite music and ways to relax – the Engage Life Director plans a calendar of daily opportunities for residents to pursue greater health and fitness, civic involvement, creative expression, spiritual fellowship and – of course – social connection.

Music has been shown to improve mood, reduce stress and agitation, and promote focus and interest for people living with dementia, so events using the power of music are offered regularly. These programs are designed to make the present world more familiar and awaken memories of people, places and experiences from the past.





Delicious dining

Gathering around the table to share a meal is a deeply meaningful part of life. Each day at Atria, Life Guidance residents dine well in the company of neighbors, with caring staff familiar with the needs of those living with dementia.

Every detail of the Life Guidance dining experience – from thoughtfully presented meals to colorful dishware that enhances food visibility and appetite – has been considered to support people with dementia. Meals are enjoyed together to encourage social connection. Dining staff get to know each resident, serving individually prepared plates with items selected to satisfy both personal taste and nutritional needs.

In the kitchen, chefs create unique, flavorful menus with a variety of daily options, using locally sourced ingredients whenever possible for the freshest flavor and quality. Menu items are dietician-approved and can be adjusted to accommodate no-salt-added and no-concentrated-sweets diets.



A focus on quality

Choosing Atria means choosing quality in every facet of daily life. Atria's internal Quality Enhancement (QE) program helps ensure things are done the right way, every time. With standards that often exceed state requirements, the QE program uses a comprehensive review tool that measures approximately 300 metrics of community life. In addition to state-led reviews, all Atria communities undergo unannounced QE reviews each year.

Regular customer satisfaction surveys offer constructive feedback from residents and families about what's working well and what needs improvement. Continually looking for ways to enhance service is an important way to put quality above all else.



Uninterrupted care and service

Take comfort in Atria's nationally recognized track record of effective response in times of emergency. With industry-leading response plans and disease protocols, residents and their families can know the best course of action is being implemented by specially trained staff and supported by national-level resources and experience-tested procedures.

Atria's National Emergency Response Team is on standby 24/7 and ready to be dispatched to communities threatened by hurricanes, floods, wildfires and other natural and human-made disasters. Headed by 50 company leaders with extensive training and experience dealing with weather-related threats, the team communicates with local authorities and oversees shelter-in-place or evacuation procedures.

Throughout the COVID-19 pandemic, Atria developed and constantly adapted effective, forward-thinking protocols to maintain residents' health and well-being, including digital contact tracing, spot quarantining, regular testing, staff training and vaccinations for all residents and staff. These innovations will inform and improve flu prevention systems moving forward.

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