MEMORY CARE
at The Oaks at Flower Mound

WHERE PERSON-CENTERED CARE MEETS A PURPOSEFUL LIFESTYLE.

Memory care at The Oaks at Flower Mound is intentionally designed for the unique needs of those with Alzheimer's or other forms of dementia. Highly trained associates work hand in hand with residents and their family members to create familiar schedules and surroundings. In our thoughtfully created memory care neighborhood, residents find not only comfort and familiarity, but also specially designed spaces that encourage involvement and interaction.

We attribute our longstanding reputation for high-quality care to our trusted caregivers, who have devoted their wealth of knowledge and passion for service to those with memory loss. Through our dementia-trained specialists, we get to know each resident and the details of their lives so we can provide individualized, focused attention that brings out their best.

Within this safe, comfortable and secure setting, we foster meaningful engagement and celebrate each individual's life experience. At The Oaks, memory care is tailored to the individual, with a dedicated activities director overseeing specialized therapies, programs and services designed to enhance residents' quality of life. Here are a few of the ways we stand apart.



JACK & JILL SUITES

Our unique Jack & Jill suites feature separate bedrooms/living spaces with a shared bathroom, providing a combination of privacy and social interaction. Studies suggest that having someone nearby can reduce anxiety and increase peace of mind for individuals living with dementia. Whether choosing a private suite or Jack & Jill suite, residents benefit from the home-like atmosphere of our memory care neighborhood where every person is treated with dignity and respect.



SENSORY STATIONS

Exploring all five senses can be either calming or stimulating for those with Alzheimer's and other forms of dementia, depending on their needs. We create sensory stations using gentle light, movement, music, tactile objects and more to enhance feelings of comfort and help improve communication and memory.



INTERACTIVE DESTINATION STATIONS

We provide special spaces for residents to perform familiar activities, some of which may have been part of their daily routine for decades. For example, a simple folding station helps to recall household chores and provides comfort in folding laundry, while a cosmetics area (complete with a mirror, curlers, brushes, combs and basic makeup) gives residents a chance to go through the routine of getting ready.

OUTDOOR COURTYARDS

Our secure courtyard spaces allow residents the freedom to engage with the outdoors, yet still remain in a safe setting without ever feeling restricted. Between our pathways, shaded seating and lush landscape, residents have convenient access to plenty of sunshine and fresh air.

RED PLATES

Poor eating habits and losing an unhealthy amount of weight can be common among those with memory loss. The "Red Plate Study" found that Alzheimer's patients eating from red plates consumed 25 percent more food than those eating from white plates. Based on the findings from the study, we serve residents using red dinner plates — helping to counteract the visual-cognitive deficiencies caused by Alzheimer's.

HYDRATION STATION

We also make a special effort to ensure that residents stay hydrated by providing a highly visible and enticing "Hydration Station." Becoming dehydrated is more common as we age and is a frequent trigger for urinary tract infections (UTIs) among seniors. UTIs are known to exacerbate memory loss or other forms of dementia. At The Oaks, we work to prevent this by offering a variety of infused waters to keep residents interested and well-hydrated.

EATING WELL

We understand how important it is for your loved one with memory loss to nourish their body and maintain a healthy diet. For a person with Alzheimer's or dementia, poor nutrition may increase behavioral symptoms and/or contribute to weight fluctuation. The dining program in our memory care neighborhood offers balanced, nutritious meals, while also considering individual preferences and potential difficulties with confusion, eating and swallowing.

MASTERFUL MOMENTS™

Our exceptional commitment to person-centered care is further shown through our research-based lifestyle and wellness program, *Masterful Moments.™* This exclusive approach has been designed to nurture residents' quality of life by engaging the whole person — physically, spiritually, intellectually and socially. *Masterful Moments™* shapes everything we do at our community to ensure that we're caring for each resident in mind, body and spirit, and fostering a healthy lifestyle, regardless of age or ability.

The OAKS AT FLOWER MOUND

ASSISTED LIVING • MEMORY CARE

We'd be honored to tell you more. Call us at **469-309-5828** or visit TheOaksAtFlowerMound.com to learn more.

3281 Long Prairie Road • Flower Mound, Texas 75022
TheOaksAtFlowerMound.com

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