

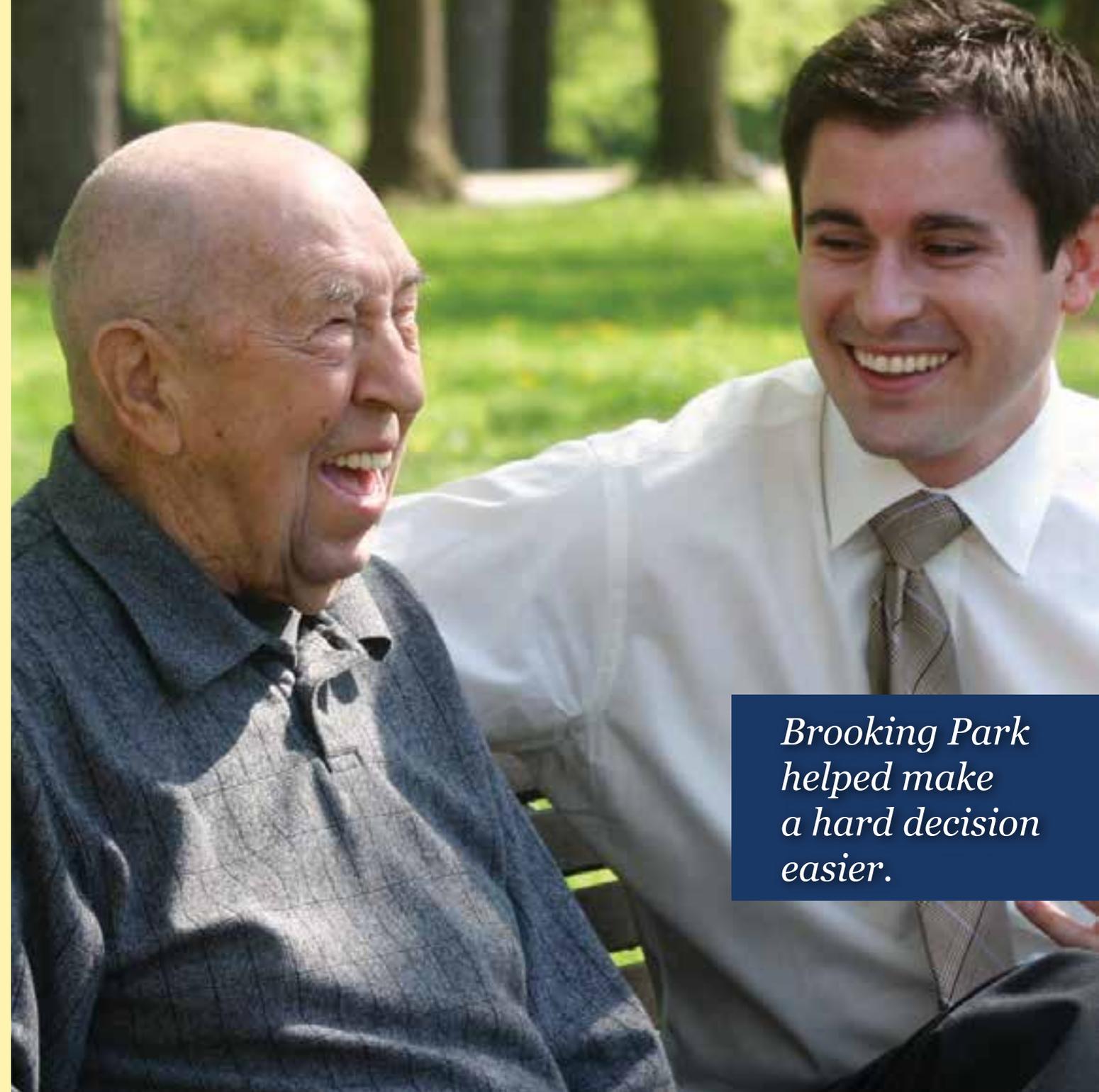


Brooking Park
Uniquely Caring People

*A fresh approach
to memory care*
at Brooking Park
Worry Less.®

*A fresh approach
to memory care*
at Brooking Park

307 S. Woods Mill Rd.
Chesterfield, MO 63107



*Brooking Park
helped make
a hard decision
easier.*



Brooking Park's memory care household offers loved ones coping with dementia a home-like setting complete with everyday activities designed to keep their mind, spirit and body active while providing the expert care, secure setting and valuable understanding needed for happy, productive living.

Our unique approach

Our memory care household focuses on the individual, building relationships that are affirming, satisfying and meaningful for our residents, care partners and families. With consultation from the Alzheimer's Association we've created an innovative extension of the home – warm, intimate and familiar. Our household design and individual approach brings residents and care partners an extended family, providing a secure home to support our residents' independence while respecting their dignity.

Memory support

Participation in activities that trigger memories of routine daily life include music, art, household chores, exercise, hobbies, church services, gardening and pet therapy. Care partners establish daily routines to create normal activities of living, including cooking, cleaning and laundry. These activities create a real-world home that provides comfort and calm to those who need it most. From happy hours to indoor bowling, our care partners work with families to make sure daily routines match the lifestyle needs of our individual residents.



Part of the home design includes incorporating evidence-based treatments in Alzheimer's disease. One of these therapies utilizes "Snoezelen techniques," offering a comforting resident experience and creating a soothing, calming atmosphere. Our Snoezelen Room is a controlled environment with softly colored lights, tactile items, soft music and aromatherapy that allows our residents to relax and get away from pressures and noises.



Our programming extends beyond the indoors. Secure outdoor courtyards provide residents with a greater sense of freedom with a way-finding path to help orient them. Our courtyards offer a place for residents to sit with families, cultivate flowers and plants and make connections with their memories.



In addition to treatments and activities that support cognition, our care partners work closely with recognized geriatricians and clinical nurse practitioners to monitor residents' health and cognition. With additional assistance in these areas, residents will retain useful skills longer than those without assistance.

Professional care with a personal touch

With support from the Alzheimer's Association, our dedicated 24-hour care partners have received extensive education. We hire compassionate people and train them in the latest and most advanced forms of memory care. We take great pride in knowing that we've created a warm and caring household for our residents, care partners and families. We also believe the residents at Brooking Park never forget kindness. No matter where they are in their progression of memory loss, residents always appreciate our personal attention, gentle assistance and patience.



Caregiver support

Dealing with the effects of memory loss can be almost as troubling for the family as it is for their loved ones. Brooking Park stands out because of its long history with St. Andrew's Resources for Seniors System in providing both residents and families with ongoing support. Our goal is to become an extended family, creating a buffer against fear and the stress of the illness. Our Family Support Center of Excellence focuses on our families who are coping with Alzheimer's and other dementia-related diseases. As a natural extension of the household, our residents' families receive supporting education, engaging group activities and are involved in special events.



A fresh approach to Memory Care at Brooking Park

Worry Less.®

across from St. Luke's Hospital

Uniquely Caring People

314-576-5545

www.BrookingPark.org

