



Complex dementia care at Exemplar

every day better

40,000

**People under 65 in the
UK have dementia.**

“

At Exemplar our employees are very service user centered and ensure that the care they provide is always delivered with dignity.”

Home Manager,
Longley Park View

The vast spectrum of dementia disorders can often present challenging and unpredictable behaviour, but whatever a person's symptoms, our focus is always on a person-centred approach to care.

Dementia can affect anyone, at any age. Our care homes provide specialist support for people with a range of conditions, including:

- Alzheimer's
- Korsakoff syndrome
- Wernicke's encephalopathy
- Dementia with Lewy bodies
- Pick's disease
- Charles Bonnet syndrome

Whatever the condition, we recognise that the person, and not the illness, is our priority. Our homes are:

- Safe places for people with dementia
- Supportive environments, where people can live the life they choose
- Totally person-centred in the approach to care provided

Our care home teams have specialist expertise in the challenging behaviour that people living with dementia can suffer. Often people can experience mood changes and find it hard to control emotions, but our teams are trained to passively diffuse these behaviours.

Responding with individual support

People who develop dementia at a younger age – early-onset or young dementia – may experience a complex range of challenges. It's more likely they are working or supporting a family, whilst also coming to terms with this major life change. At Exemplar we understand this, and work with people and their families to understand their individual needs. We support the whole family to overcome challenges and work together with them to adapt and manage their particular circumstances.



Iris and Simon's journey at Exemplar

Iris lives with a range of physical disabilities and advanced dementia. Her symptoms are very complex and she needs specialist 24-hour 1:1 care. She has had previous placements in homes fail - she would often become distressed and would scratch at her skin, causing harm to herself.

Then her social worker secured her a placement with Exemplar at Longley Park View and, with the right care and support, Iris has made great progress. The team were able to stop her damaging behaviours by adapting her clothing, as well as developing activities tailored to Iris's interests. With the diversion of being involved in activities that she enjoys, Iris doesn't get distressed as often and so is able to live a happier, more fulfilling life.

After moving around from one placement to another, Iris finally has a place that she can call home.

Simon has Korsakoff syndrome, which was brought on by alcohol misuse. His condition means he suffers from severe and chronic memory loss which affects his day-to-day living as well

as his relationships with the people around him.

He moved into Exemplar's Parkside still suffering from alcoholism, as well as a lack of confidence which was further impeding his recovery. At Parkside the nurse-led team have worked with him to identify goals and the homely environment has allowed him to settle and feel comfortable in his surroundings. This is allowing him to work on his confidence and, in turn, his recovery.

The team take a person-centred approach, with Simon in control of the care and support he wants, and plenty of activities available to help him recover physically, mentally and socially. Having identified that Simon didn't want to attend AA meetings, the team are supporting him in other ways, working on ways to manage his feelings and thoughts, and further building his confidence.

With this support Simon feels more confident and committed to recovering on his own terms.

Living well with dementia

Central to our philosophy is restoring choice for people so they can regain control of their lives.

We take time to understand each person's life story and build up a deep understanding of each individual, supporting what they can do and looking for opportunities to build on their strengths to give them a sense of purpose and achievement. We want them to take part in activities that address their physical, mental and social needs. This can include:

- Everyday tasks such as cooking or gardening
- Talking, doing games and puzzles
- Supporting people with hobbies
- Holidays and lots of family support.

These simple activities can help keep people from developing anxiety and depression, and, combined with our specialist skills in managing behaviors and de-escalating behaviours, help reduce the potential for mood changes and challenging behaviours.



Make a referral or enquire about a placement

01709 565777 referrals@exemplarhc.com

www.exemplarhc.com

