



Assisted Living At Its Best

SPECIALIZING IN DEMENTIA AND ALZHEIMERS CARE

303-795-0784

About Us

Golden Orchard Assisted Living provides a beautiful, safe environment in a traditional home-style setting. With only twelve to sixteen residents in each home, we can create an intimate family atmosphere. The intimacy also helps some residents to feel less anxious. The homes provide peace of mind and a sense of security, knowing that someone is nearby twenty-four hours a day.

Your loved one will experience the best in assisted living.

- They will be surrounded by their own furniture and belongings if they choose
 - Enjoy beautiful, ground-level homes, many with individual patios
 - Take advantage of secured, spacious landscaped yards and outdoor space
 - Roomy bathrooms designed for safety and assistive devices
 - Be comforted by an emergency call system for each person if they choose
 - Enjoy private or semi-private rooms with comfortable wall-to-wall carpeting
 - Eat family-style nutritious meals served three times a day
 - Take advantage of snacks and beverages offered throughout the day
- Rely on state-of-the-art security and fire systems
 - Every residence is wheelchair accessible
 - We also accept managed pets on a case-by-case basis

An assessment of needs is completed prior to the individual moving into the home. Needs are reassessed periodically to ensure we are meeting every need. As the aging process continues, the staff is prepared to anticipate their basic needs and intervene gently and gracefully when necessary. The staff provides love, understanding and respect to each individual at all stages of the aging process.

Our Professional Services Include:

- Twenty-four-hour in-home staffing
- Certified staff in medication management
- Specialized treatment for Alzheimer's Care and Memory Care
- Physician visits
- Nursing on call 24/7
- Personalized care, fostering independence
- Laundry and housekeeping
- Assistance with activities of daily living such as dressing, bathing and eating
- Group and individual activities

Our Licensed Care Professionals participate in on-going staff education and development for the care and needs of mature adults experiencing Alzheimer's or Dementia. All of our facilities are licensed by the Department of Health.



Assisted Living Home Locations

850 & 890 East Orchard Road
Littleton, CO 80121

3510 Holland Street
Wheat Ridge, CO 80033

Golden Orchard's Corporate Headquarters

2322 Beacham Drive
Castle Rock, CO
(303) 619-5046
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President:
Jim Johnston
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Director

Jim Johnston

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Administrator:
Mary Fearro
Mary Fearro

Placement Specialist:
(303) 795-0784

Ask about our beautiful new facility opening in Wheatridge, Colorado in 2014

*Note: some of the facilities may not offer all services listed in this informational packet. We invite you to come by and visit our homes. Call us for more information or to set up a tour.



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Elderly Care

Aging is a natural process that happens to everyone. There is no one pattern of aging, and we age at different rates. These changes can reduce physical or mental abilities. With the decrease in abilities, an individual may require assistance in performing normal activities of daily living. They may need constant companionship because of forgetfulness, medication management or fear of being alone. These issues don't mean that a person needs to be in a nursing home. Alternatives are now available that maintain a continuity of life. Assisted Living is one such alternative. Your loved one will experience the best in assisted living.

Below are a few excellent articles on elderly care provided by family members and the considerations involved.

[Senior Care is a Family Issue](#)

[Guide to Choosing an Assisted Living Community](#)

[Check List of Things to Ask When Selecting an Assisted Living Facility](#)

[Adult Children Caring for Elderly Parents Need More Help in Coping with Stress](#)





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Hospice Care

Hospice care provides health care services and support for people with life-threatening illness and their families. When a resident develops a terminal medical condition, hospice care provides quality, expert, cost-effective and specialized care.

If a resident at Golden Orchard develops a terminal medical condition, hospice care can be provided. In most situations, the resident is able to stay at Golden Orchard and a move to senior care center is not needed. Customarily, Golden Orchard staff recommends several hospices in the area and the family can choose the hospice care they wish to use. The chosen hospice organization provides the care while the resident remains at Golden Orchard Assisted Living. The hospice team members – a registered nurse, social worker and chaplain – visit the resident at Golden Orchard weekly or more frequently as needed. Other members of the hospice care team – a certified nurse assistant, trained volunteers, grief counselors and others – are also available when needed.

The focus of hospice services is palliative care – the relief of pain and suffering when cure is no longer possible. Hospice care is comprehensive, specialized care for patients and families. Services and programs support the unique physical, emotional, spiritual and social needs of patients, families and friends. Hospice care also involves expert pain relief and symptom management should the need arise during certain end-stage disease processes.



Hospice care is appropriate when three conditions exist:

1. A person develops a terminal medical condition and has a prognosis defined in terms of days, weeks or months.
2. The resident or primary decision-maker chooses hospice care.
3. The patient's personal physician confirms the patient's prognosis and supports the decision for hospice care.

In nearly all cases, most physicians collaborate with the hospice staff to provide quality end-of-life care. Medicare, Medicaid and most private insurance plans cover hospice services

This information about hospice care has been provided by Denver Hospice, experts in palliative and hospice care for over 25 years. For more specific questions or concerns regarding hospice care, please feel free to contact Denver Hospice at 303-321-2828.



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Selecting the Right Care

With nearly 40,000 assisted living facilities across the US, choosing the right one can be daunting. Many sources recommend beginning the assessment process 6 to 12 months before your loved one is ready to move. You'll need to invest time to assess each senior care facility completely to ensure it is the right long term fit. It may take several visits before you make your final decision. You hope you will find the following check list helpful when assessing whether a facility is the right choice for you and your loved one.

Assessment

- With the help of professionals such as your doctor, nurses, elder attorney, social worker or friends, determine what type of elder care is needed. Locate organizations that specialize in the type of care you and your loved one will need. If medical attention is needed because of recent surgery, you may need a facility providing sub-acute care.
- If dementia or Alzheimer's Disease is the issue, then an assisted living home may be more appropriate.
- Choose a place that will provide information and support for everyone.



Facility

- The facility must be licensed by the Department of Health.
- Find out which assisted living facilities are in your community and located near you.
- When visiting the building, evaluate whether the design provides the safety and comfort principles needed by your loved one.
- If security is an issue, observe if the facility's security policies and procedures safely protect its residents.
- Is the emergency call system available to the resident at all times or only in the bathroom or near the bedroom?
- Is the environment sanitary and safe from physical harm?
- Is the facility quiet and serene, or noisy and lack privacy for the residents?
- Does it feel spacious or cramped?
- Does it provide a home-like atmosphere or does it feel more like a hospital, nursing home or some other type of large institutional facility?
- Can the residents share rooms?
- Is there emergency back-up power immediately available should there be an outage?
- Is there an emergency plan in place to protect the safety of the residents?

Caregivers

- One of the most important aspects for your loved one is the need for direct personal care provided by the facility.
- Meet and talk with caregivers.
- Determine the resident-to-staff ratio.
- Does the resident have some control over the environment or will there be a schedule that accommodates the institution and its staff?
- Does the facility provide additional training for the staff to promote quality care and understanding of the dementia resident?
- Are the residents clean and well groomed?
- Are there any noticeable odors?
- Do the caregivers have a positive attitude towards the elderly?
- Are the caregivers compassionate and caring?

Administration

- Find out exactly what your money buys.
- Get a list of additional services and the charges for them.
- Find out what is included in your monthly payment.
- Is there a copy of the Resident's Rights posted?
- Find out how medications are stored and distributed.
- Is there a certified visiting nurse? How often does she come to the facility?
- The staff should be certified to administer medications.
- Review a copy of the resident's admission agreement.
- Find out what health conditions would require a discharge from the facility.

Social and recreational activities

- Does the staff have time to socialize with the residents?
- Do the residents interact with each other?
- Does the facility provide indoor and outdoor activities?
- Are activities related to physical and mental exercises which maintain or restore each resident's level of optimal functioning?
- Are the residents shown respect?
- Observe how meals are prepared and served; ask to look at the daily menus.
- Are snacks available upon request?
- Can the residents get their own snacks?



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Alzheimer's and Dementia

Alzheimer's is the most common form of dementia, a general term for progressive memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 50- 80 percent of dementia cases. An Alzheimer's diagnosis can be devastating to a loved one and their family. Below you'll find a series of questions and answers that you may find helpful if your loved one has been recently diagnosed.

My mother's doctor says that she has Alzheimer's. How can I be sure this is the correct diagnosis?

Although there isn't a definitive way to diagnose Alzheimer's; the diagnosis is usually made through the process of elimination. A comprehensive evaluation of your loved ones' condition can provide the information needed to make the diagnosis. Not all doctors are experts in the diagnosing and managing of the disease. You should feel comfortable in seeking a second opinion from a doctor with an expertise in dementia.

My mother has, on occasion, gotten lost on her way home from the store and often does not remember to take her medication on time. The doctor says I should look into finding more care for her. What choices are there? I don't want to see her in a nursing home or some other large institutionalized environment.

There are several alternatives. Contracting with a home health agency for an in-home caregiver, Elder Day Care, Assisted Living complexes or smaller homes are available. Advantages to using a home health agency are that your mother is able to stay in her own home. If memory loss is an issue, there is some question as to how important being in her home really is. It may be more important for the family. Disadvantages are

the need to monitor the agency for reliability and compassion in caring for your mother's special needs. You want someone who has training in dementia care and management, and who is licensed to administer medication. You would also need to modify the home to meet her new security needs. This care is usually very expensive, especially if you are in need of 24-hour care.

If you need supervision for your mother while you are at work, an Elder Day Care center may meet your needs. They provide organized programs of activities as well as the opportunity to socialize with others. The challenge is finding one that is convenient to your hours and location.

If you are interested in twenty-four hour care, an assisted living arrangement may be a more cost-effective alternative. The large assisted living complexes can have over a hundred rooms and have the feel of a hotel or apartment complex. These are more appropriate for someone who still has a high level of functioning. The frustration of your loved one being lost in their own place of residence could still be present for your loved one. Another issue to keep in mind is the high resident-to-staff ratio. The smaller assisted living homes may better suit your needs. These homes have five to six residents per certified caregiver to care for your mother. The resident-to-staff-ratio is very low and allows individualized care twenty-four hours a day. Make sure that the home specializes in dementia care and is secured for the wandering resident. These caregivers should be trained to use specific techniques to provide an emotionally safe environment for your mother. I have heard of so-called locked facilities. It sounds very institutional, but my dad needs the security for his safety.

What does it mean to be in a "secured home" and will it seem like a jail to my dad and the rest of our family?

Usually these terms refer to a home built and licensed to provide specialized dementia care. Always ask what the home means by

"secured home". You want a place that has secured doors, and yards as well as a staff educated to understand the emotional, cognitive and behavioral aspects of dementia. The home should also provide emotional security – knowing someone is just a call away if they fall, get sick, or just want to talk. The homes that provide residents with individual attention offer plenty of diverse activities and look for individual ways to control behavior will enhance the quality of life for your loved one. Golden Orchard homes are just that: a house laid out to provide safe and comfortable living. If a place uses drugs and restraints to secure residents, look elsewhere.

According to the doctor, my mother has been diagnosed with Alzheimer's. She seems to become very agitated and confused when we are out in public and around large groups of people. What can I do to help her feel more at ease? Are there any places that are smaller and more home-like that can care for her needs?

Experts equate having Alzheimer's to being like a visitor in a foreign land. Every day is a new world they don't understand, and they must try to cope in it. Persons with dementia have three areas of deficits: memory, judgment and orientation. These three deficits lead to loss of ability in five other areas: self care, attention, language, recognition and motor skills. Your mother's agitation is a sign of distress. She may not remember or recognize the place, the people, or understand the words she hears. Her daily routine may have been disrupted. Reality orientation does not work with people who have dementia. Instead, try to understand her feelings and comfort those feelings. You may need to remove her from the area to ease her distress. Become aware of your mother's signals to communicate her needs. As dementia progresses, she can't always communicate her needs in the obvious manner. Assisted living homes designated to the care of dementia residents would probably serve your mother well. She will need care and attention from a staff trained in dementia care to anticipate her needs by understanding her body language, facial expression and tone of voice. They can also help establish a daily routine and/or simplify tasks for her. All of these techniques will help her feel more safe and comfortable.

My mother was a very active person before the onset of Alzheimer's. I can't seem to get her interested in doing anything. Most of her old hobbies seem too much for to handle. Does Golden

Orchard provide activities and how do they get residents to participate?

People want to do things that feel good physically and emotionally. Your mother may not be able to concentrate on her old hobbies or her motor skill deficit may hinder her ability to perform the tasks necessary to be successful. Golden Orchard does provide activities for their residents. Besides specific techniques to motivate your mother, the staff can determine what activities best meet her level of functioning. Thus, she can feel successful. The specially trained staff can also determine if other factors are causing problems and manage accordingly. The low resident-to-staff ratio at Golden Orchard allows the staff the time to become well acquainted with your mother, to learn her agenda and to honor it as much as possible.

Help is available. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

- Call their 24/7 Helpline: 800.272.3900
- Locate a chapter in your community
- Use their Virtual Library
- Go to Alzheimer's Navigator to create customized action plans and connect with their local support services





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How We Compare with other Long-Term Care Alternatives

Our approach to long-term care is to maintain or restore each resident's level of optimal functioning and to help residents receive one or more of the following types of care: rehabilitation, high-level nursing care, continuous supportive care, respite care, and hospice care. Although all types of facilities provide long-term care, Golden Orchard does it in an intimate way that fosters the idea that life is worth living. Each individual person ages differently and has different ideas of what makes life worth living. Golden Orchard takes the time to know and understand what makes life worthwhile for each of its residents, and then promotes and supports those values for each resident.

Some residents choose to live in a long-term care facility because they want:

- Assistance: help with activities of daily living
- Security: knowing someone is just a call away if they fall, get sick or just want to talk
- Friendships: being around other people with similar interests, concerns and problems
- Independence: not having to depend on their family

Alternatives to Assisted Living include:

1. Nursing

A nursing home is a facility which provides long-term care for both skilled and non-skilled nursing care of the residents. Only a few years ago, these institutions were considered hospitals for the old. Much of that original philosophy is still part of the nursing home culture. These facilities are

institutions, and the care provided is done with rigid structure. Schedules are necessary to provide all the care needed for such a large population. The schedules are developed around the staff and services provided, not the residents. Many places still view these individuals as patients instead of residents. Many of the functions performed by the staff are what one would expect in a hospital, not in one's home. It is much more difficult to receive individual attention from the staff. Because of time constraints, the staff is more likely to do the grooming of the resident instead of taking the time to let the resident do it. This takes away the resident's sense of independence, and they lose the opportunities to be more mobile.

In contrast, all aspects of care provided by Golden Orchard's assisted living homes are scheduled around the individual's own routine that has been established for many years. Each resident is a special individual with a long and unique history. Golden Orchard takes the time to get to know the unique individual. All services are personalized to a resident's individual needs. The staff is aware of each resident's level of ability, and they work toward maintaining or improving that level.

Another important difference is in the continuity of care given at Golden Orchard. The residents see the caregivers who have intimate knowledge of each of the residents. The residents see them when they wake up, and the caregivers are the last ones whom the residents see before going to sleep. This creates a family atmosphere and provides security for the residents because they know who will be there to assist them each day. At nursing homes, there are usually three shifts that staff the facility. Each shift could have different staff members each day. The facilities have a high call-in and turnover rate, so there are strange new faces continuously. Golden Orchard has created a more intimate setting that feels more personal because it is a small facility and it is the resident's home.

2. Living at Home with the Family

Many families choose to have their loved one live with them at home. This provides the family with the security of knowing that their loved one is being monitored. However, the disadvantage is that if the loved one needs monitoring, someone has to be there all the time, or families have take the individual with them each time they leave the house. Finding reliable help is another concern. If the family is part of the sandwich generation, they could have children as well as parents at home. Having a confused loved one in the home may not be the best situation for the young children. The loved one may seem strange to the children and they could become frightened to be near the loved one, especially when left alone with him or her. If the family needs a rest from care giving or is going away on vacation, then the burden of finding a competent place for respite care becomes an issue. All aspects of caring for the loved one in the family home are costly in terms of time, money and emotions. Golden Orchard can be the family's eyes and ears while providing 24-hour-a-day care in the home; that person may not have thought of assisted living as an option. But there are benefits which they may consider attractive. Among these are: cost effectiveness, security and peace of mind, fiscal responsibility, savings from unneeded maintenance of home and furnishings, and prompt medical attention.



3. Large Assisted Living Complexes

In comparison with large assisted living complexes, there are distinguishing benefits for smaller homes. One benefit is the quick and personal attention the family will receive in a smaller facility. Many of the larger facilities do not pay attention to the details that make quality service. The larger the facility, the care is less personalized and less suited for the dementia resident.

With this hotel-style living, the resident's awareness level needs to be high in order to remember the floor, the wing, and then his or her room number. Another disadvantage of the larger facility is the high resident-to-staff ratio. It will be very difficult to provide personal attention to the residents. Most services are an extra charge to the monthly rate. If the level of care is increased, there is also an increase in monthly fees.



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Our Facilities

A great deal of thought and careful planning have gone into the creation of our Golden Orchard residences to make senior life here as comfortable and enjoyable as it can be. These are some of the details that have been included:

Care

- Personal care, such as dressing, bathing and hair care
- Professional nail and hair care available in the home
- All care specialists are trained in the needs of the elderly
- Incontinence Management

Safety

- State-of-the-art detection systems for carbon monoxide, fire and smoke
- All exterior doors connected to exit alarm system
- All safety systems monitored by security control

Bedrooms

- Each bedroom professionally decorated, some with private bathroom and patio
- Large closets
- Satellite television hook-up in each room
- Every room is wheelchair accessible

Other Assistance

- Residents may participate in household activities such as cooking and gardening
- Recreational and social events at home and outside the home, including visits to parks and shopping

Meals

- Elegant Dining
- Nutritional meals and snacks
- Specialized menus

Common Areas

- Formal living room for receiving guests and visiting, with fireplace, large screen television with cable and stereo
- Gardens, beautifully landscaped with gazebo
- Exquisite tea rooms
- Beautiful outdoor patio for barbecues and special events

Alzheimer Residents

- We specialize in Memory Care. Golden Orchard Homes and Gardens are approved by the Colorado Department of Health for secured living
- The environment in the home and gardens are like you would find in a large estate home

Pets

- Pets are okay, if trained and safe. We consider pets on a case-by-case basis.





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Our Activities

Because of the intimate setting at Golden Orchard, the residents have the opportunity to interact with each other, or they can find a quiet place to enjoy the sunrise or sunset, listen to music, or read the paper in the privacy of their own patio or on the common patio area.

Given the intimacy of the home, each resident can help create their own activities. The secured area allows residents the opportunity to go outside when they want, with the peace of mind that they cannot wander off easily. Activities are designed with the individual resident in mind. This allows the residents to use their personal skills, with gentle guidance and direction. There are also opportunities for the interaction among residents from other Golden Orchard homes at picnics, ice cream socials, musical events, etc.



Some of the many activities:

- Exercises
- Checkers
- Cards
- Board Games
- Reading interesting stories to the residents
- New discussions
- Bowling Games
- Crafts
- Bingo
- Movie & Popcorn Nights
- Popcorn & Bronco parties during football season
- Sitting outside in the sun on the many patios
- Ice cream Socials in the Gazebo during the summer
- Occasional Shopping Trips
- Hawaiian Luaus in the summer
- Trips to the Zoo
- Trips to Botanical Gardens
- Trips to various metro Denver trails, etc.
- "Pet Therapy with our Pets"



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Golden Orchard Assisted Living Scooter Club

Come join the Scooter Club at Golden Orchard Assisted Living Homes! Our scooters allow our residents to enjoy the mobility and freedom that they may not normally get to experience. We offer various field trips throughout the year. In the spring we like to take our seniors to wonderful places like the botanical gardens and the zoo. The paths on the Highline Canal are just down the street and around the corner and are available to our seniors for them to get out and enjoy a beautiful sunny Colorado day.

Our residents are always accompanied by qualified staff on each of these field trips and are never left unattended. The enjoyment they experience when being able to do activities outside the home is priceless.

