



Camping Life Station



Garden Life Station



Nursery Tool Life Station

# Life Stations

Our memory care neighborhood has been enhanced with life stations. The purpose of the life stations is to provide meaning and purpose. We are providing an environment that fosters discussion and conversation between residents, family members and associates.

The life stations benefit our residents in a multitude of ways:

- ▶ Residents living with various forms of memory impairment often present with the need to wander and rummage, or pick up, pack and move objects. Rather than set them up for failure by having "off-limits" areas and stopping them from doing what they feel compelled to do, we set them up for success by nurturing this need.
- ▶ Residents are encouraged to interact with their environment as they are "making their rounds" and are provided with opportunities to engage in familiar daily activities.
- ▶ This is particularly beneficial for residents with Alzheimer's disease (the most common type of dementia) who are unable to engage in more structured activities.
- ▶ Supports reminiscence therapy which generates self-esteem and the expression of individual identity

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