



by **Phoenix Senior Living**

SIGNATURE
MEMORY CARE
PROGRAM



Phoenix Senior Living®

When it comes to you and your loved ones,
everything matters.

OUR PHILOSOPHY:

We believe that individuals living with memory loss deserve more than passive care. They deserve meaningful connection, sensory stimulation and the opportunity to live a life of dignity and joy.

WHAT IS PHOENIX SENIOR LIVING'S **RISE PROGRAM?**

RISE – Research Indicated Sensorial Engagement – is a ten-pillar framework based on scientific evidence to support cognitive health and functional wellness. This comprehensive program was recently reviewed and endorsed by Dr. Robert Winningham, a nationally recognized cognition training expert, gerontologist and neuropsychologist. RISE supports emotional well-being and daily routine through meaningful, familiar activities.





THE SIX DIMENSIONS OF WELLNESS

By nurturing each area of wellness, we work to provide residents with a balanced, fulfilling life no matter what stage of memory loss they may be experiencing.



Physical



Intellectual



Spiritual



Occupational



Emotional



Social



One of the most noteworthy aspects of the RISE Program is how holistic and multifaceted it is. Residents can engage in group-based activities designed to set them up for success. There are daily opportunities to engage with nature and see new things. Residents benefit from the music, hands-on activities and daily Cognition Ignition sessions.”

– *Dr. Rob Winningham, Ph.D.*
Professor of Psychology and Gerontology
Western Oregon University

THE TEN PILLARS OF RISE ENGAGEMENT

1

RISE Daily Flow

Designed to support rhythm, routine and resident well-being.

2

Cognition Ignition

Daily mental stimulation to boost memory and connection.

3

Certified Grandbaby Project

Dementia doll therapy fostering comfort and connection.



4

Daily Hands-on Activities

Purposeful, tactile experiences to activate bilateral brain hemisphere involvement.

5

Sensory Rooms & Life Stations

Calming sensory environments and stations tailored to resident interests and life stories.

6

Daily Movement for Body & Mind

Minimum of 30 minutes of physical activity – supporting mobility, confidence and energy.

7

Connection with Nature

Time spent outdoors or through virtual nature experiences that enhance relaxation, orientation and emotional wellness.

8

Activity Boxes

Always-available, personalized engagement tools for one-on-one moments.

9

Weekly Outings

Drives through the countryside or visiting local parks to spark memories and enjoy new experiences.

10

Purposeful, Resident-Centered Living

Designed to promote dignity, self-esteem and sense of normalcy in every moment.



A DAY IN THE LIFE: RISE DAILY FLOW



Residents begin the day with a predictable schedule, which can support healthier circadian rhythms and reduce anxiety and confusion. Here is an example schedule of what a day might look like in our Pearl communities.*

A.M.

8:00 Breakfast

9:00 Spiritual activity, typically calm and low-energy

10:00 Snack and Cognition Ignition

11:00 Physical activity

P.M.

12:00 Lunch

1:00 Emotional activity, additional cognitive task

2:00 Social activity

3:00 Hands-on snack

3:30 Occupational activity

4:00 Transition into the evening, one-on-one visits

4:30/5:00 Dinner

**Daily schedule is an example only. Actual activities and times may vary.*



EXPERTLY CURATED,
**COMPASSIONATELY
DELIVERED**

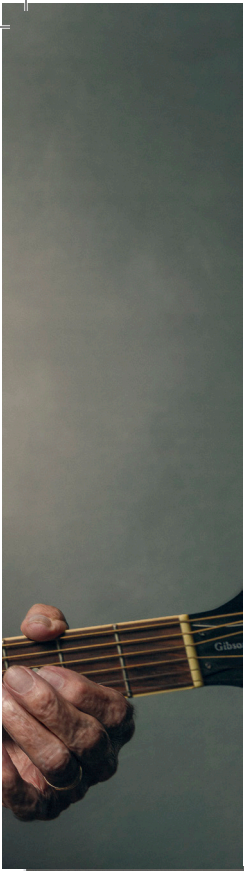
The RISE calendar is thoughtfully designed each month by our trained team members who get to know our residents and their needs. Each of our associates are extensively educated in the RISE approach, and they mindfully prioritize each resident's cognitive and emotional well-being.





FAMILY INVOLVEMENT AND **ONGOING SUPPORT**

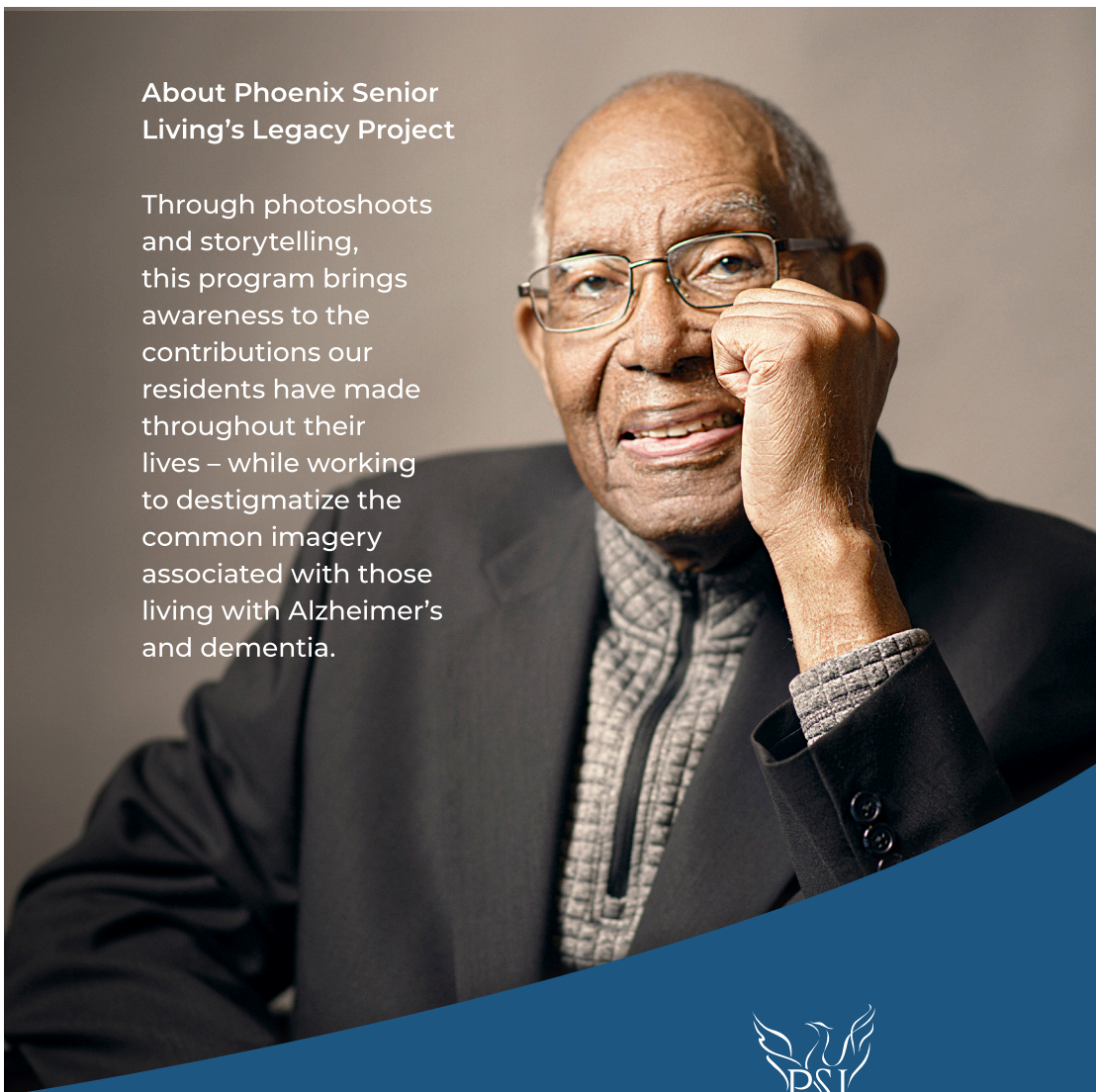
Our families receive weekly updates and are invited to attend events at our community. We offer monthly support groups open to all friends and family – even before their loved one moves in.





About Phoenix Senior Living's Legacy Project

Through photoshoots and storytelling, this program brings awareness to the contributions our residents have made throughout their lives – while working to destigmatize the common imagery associated with those living with Alzheimer's and dementia.



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