

The Journey



In Search Of The Secrets To Successful Aging

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By Jeff Giedt

As we live longer and longer, we all want to find the secret to dignified and successful aging. Keeping our independence and freedom as long as we can, spending quality time with friends and family and enjoying a reasonably positive quality of life.

For many, the senior years can come with challenges – lessened mobility, a slowing down of our faculties and various, seemingly unavoidable, ailments. We become more familiar with, and rely more on, our doctors and other caregivers.

So it's reassuring to know that researchers, medical practitioners, and cutting edge senior care professionals have been conducting research in all aspects of aging to try and determine the best ways to add mobility, stimulate the brain so we can maintain – and possibly improve – our cognitive functions, and learn to cope with ordinary ailments that, only a few short years ago, might have been devastating.

Research is finding answers

Too many organizations in home care and residential assisted living are focused primarily on ensuring their clients or residents have their basic needs met. In limiting our focus and ambitions in this area we are, as an industry, committing a great disservice to the seniors entrusted to our care.

Currently, there are significant breakthroughs in aging-related care that can greatly improve the level of joy and quality of life that seniors experience. At Aventa, we have been on a multi-year journey to discover and implement strategies, tools and resources that can truly better the lives of seniors.

This journey has taken us through mounds of research, has introduced us to multiple experts, and has introduced us to some tremendously innovative, like-minded organizations that also have a vision to improve the lives of seniors.

This journey has given us the knowledge and tools we need to enhance the lives of our clients and residents.

Additionally, it has proven profoundly rewarding to our caregivers, nurses, and management staff, who are able to see the joy on the faces of our clients and their families every day.

Four Keys To Successful Aging

At the core of our journey is research data. Rather than rely solely on our own ideas or intuition, we have found great information and inspiration through organizations that have devoted a tremendous amount of resources to the area of successful aging. One of these organizations, the MacArthur Foundation, has provided a roadmap based on the following 4 keys to aging successfully.

- Remain physically active
- Incorporate mental stimulation into your lifestyle
- Maintain a good social network with emotional support
- Develop a sense of purpose in life

At Aventa, we embrace these four keys, referring to them as **The Four Pillars**. Our goal from the initial assessment of a new resident is to identify and implement regular activities and strategies that encompass the **4 pillars** and ensure they are adopted as part of the new resident's plan of care. The most important of these **4 pillars**, which will vary from resident to resident, are tracked and measured for progress by our nurse and management team. Tracking these key metrics enables everyone to keep their eye on what's most important for each resident's well being. This is referred to Aventa's Key Care Activities (KCAs).

Some Key Care Activities

Remain Physically Active

- Senior chair yoga
- Daily walks with a caregiver
- Exercise classes led by our occupational therapist

Incorporate mental stimulation into your lifestyle

- Trivia games as groups or individuals
- Brain games - online or offline, puzzles, board games, etc
- Uncovering the unique interests of each resident to provide engagement opportunities in areas they're passionate about

Maintain a good social network

- Simple one-touch technology that connects residents to family and friends via video chat
- Easy to use application for uploading of family photos and videos via facebook or manual upload
- Activities to foster new friendships within the home and outside of the home
- Opportunities to mentor a youth

Some Key Care Activities

Develop a sense of purpose in life

- Uncovering the unique purpose of each resident to provide customized resources
- Aventa Legacy Book - an opportunity for the Aventa staff to capture the resident's life story and preserve it into a permanent high quality book for the family. A research backed activity that fosters purpose and provides fulfillment for the resident and family.
- House sponsored child from Haiti - Our residents have opportunities to communicate with and track the progress of the home's sponsored child from Haiti.
- Opportunities to give back through mentoring or volunteering with local charities who come to the home
- Continued learning – Access to books or customized videos based on subjects of interest
- Hobbies - Tools, materials, and information are provided to pursue hobbies of interest

How Aventa Is Helping

Aventa TrustedCare Homes™ and Aventa Senior Care™ work with the top, medically proven, successful aging research programs in the country.

- MacArthur Foundation Research Network On Successful Aging
- Buck Institute at UCLA- the first program to prevent and reverse cognitive disease
- Aventa partners with certified physicians trained in the Bredesen Protocol so we can offer our residents cutting edge strategies in memory care and brain health. This is a great help in developing each resident's Care Plan.

Our Certified Caregivers Receive Continuing Training Monthly

To give the best care to our residents takes dedication, love, and hard work. At Aventa, we hire only state certified caregivers then train them in our care philosophies and procedures as well as in various specific conditions such as dementia, Alzheimer's and Parkinson's.

Then, we strengthen their skills with monthly training on a wide variety of topics. Our goal is have the best caregivers in the industry – not for us – for you.

Aventa's Nurse-Guided Care™ - The New Standard

Our highly experienced, on-staff Registered Nurse (RN) oversee the care, and well being of each resident and visit them regularly.

5 To 1 Ratio Of Caregivers To Residents

We go to this length because we understand the importance of providing the absolute best care for our residents and for the peace of mind of their loved ones. We believe in the statement that, to be happy a person needs but three things in their life: something to do, someone to love, and something to look forward to.

24/7 Watchfulness

In many assisted living residences, in the middle of the night, and everyone's asleep - unfortunately so are the caregivers. Todd and Jeff find this completely unacceptable, that's why - in every residence, there is always a certified, trained caregiver awake and alert, because your needs don't come with a time clock.

For a free confidential discussion please contact Aventa:
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