

STARS - Familycare

Specific Therapeutic Assisted Recreation

Star(s), our families are stars to us. Like stars themselves, each one has their own place and unique shine. We feel that it is our great pleasure on this dementia journey, to help put the sparkle back in the shine of every family star.

- To that end then, STARS: Specific Therapeutic Assisted Recreation is but one way for us to partner together to meet the needs of your loved one.

When you visit, step into the STAR Suite and locate your loved ones' STAR Caddy. Take this STAR Caddy with you during your visit and have a great visit reminiscing, or playing cards, or enlarging a life story, or coloring or doing a puzzle. These shared activities can be endless. Then, simply return the STAR Caddy. As always, your input and suggestions are invaluable.

From time-to-time, we will add some conversation starters or event pictures, or Life Story prompts for you to use.

There is a list of possible STAR Caddy ideas included below to get us started.

All the items in this STAR Caddy will have been curated by you, with your loved one in mind. You will have the assurance of knowing that these specially selected items will be there for you when you visit.

- ✓ This is a personal and intimate therapeutic experience exclusively for the resident and their family.
- ✓ Please mark all items with the residents' name.
- ✓ If you are bringing pictures, please let us copy them. (Black and white or color) Then you can label the back of the picture with all the interesting backstory information like names, dates, location, and any significant 'story' or family lore.
- ✓ We also ask that you not bring anything of true value,
- ✓ And likewise, we ask that you not bring anything breakable, as we cannot be responsible for value or breakage.

The fine print: *Please mark all items with residents' name. Should your resident leave The Madeline, we will make every effort to return your STAR Caddy contents, but The Madeline will not be responsible for lost or damaged or broken items. Please do not bring valuable or breakable items.*

Ideas for STAR Caddy

STARS Familycare - The Madeline of Decatur -

We want your visit to be a positive one to one experience with gentle reminiscing, laughter and smiles...

These are our suggestions for you to consider:

Visual Videos / CD's:

travel, family pictures, animals, adventures, hobbies, old TV shows, events, history, holidays, celebrations,

Vacation:

Pictures, mementos, guide book, travelogue, Pictures of art in their house,

Audio CD's:

Favorite music and groups, recorded messages from family / friends

Travel:

Pictures, movies, mementos,

Magazines,

Coupons, Greeting Cards

Family:

Pictures of events past and present
Wedding, baby, travel, birthday

Books: Life Story Aids,

Picture, large print, read aloud,

Spiritual Connections:

Devotional, daily reading, Bible verses, Cards, books, poems, hymns, preaching, service recordings,

Sorting and matching:

Cards, shapes, colors, large pom poms, stationary & envelopes, games (Jenga, therapy pegs...)

Awards and Recognition:

Copies of letters, pictures of awards, cards, Medals, pictures,

Sensory: Lotion, nail polish,

Scarves, fabrics with textures, fidget items, Music box, squeeze ball, soft stuffed, Aromatherapy

Sports:

Memorabilia, pictures, awards, video,

Hobby Items:

pictures, crafts, scrapbook, adult coloring supplies, therapy putty,

The fine print:

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STARS Familycare

- **Dinner with the STARS** - monthly, usually the third Thursday evening. Typically, we email invitations 3 - 4 weeks in advance, to allow ample notice. 6:00 - 8:00pm. Expect dinner, great conversation, a project, and a short educational presentation. A fun dinner with our stars.

The Madeline of Decatur:

- Considers our families and friends to be invaluable partners in this journey through dementia.
- Welcomes family and friends to be in, and a part of our community.
- Welcomes family and friends to participate in daily activities with us.
- Welcomes family and friends for any of our educational programs, trainings, lectures and presentations and especially for our monthly Dinner with the Stars events.
- Welcomes family and friends to enjoy our community amenities and encourage you to share your talents, gifts and skills with us.
- We value your input, feedback and observations, as we are all in this journey, together. We love new ways to be successful!!!
- Please know that you are welcome to join us on The Madeline Bus for our various outings, just let us know at least 12 hours in advance, if possible, so we will have a seat for you.
- We welcome family and friends as volunteers - play the piano, another musical instrument, sing, dance, be an extra pair of helping hands for crafts and cooking and games and stories and sing-a-longs. Ask for a volunteer application...
- We are always looking for performers: singing, dancing, juggling, drama... youngsters doing recitals.
- We welcome visiting pets on leashes. Please let the LED (Life Engagement Director) know if you are planning on bringing a pet to visit and they will let you know of any specifics for your visit.
- We are always looking for heirloom and pass along and memorial plants for our gardens. Let us know if you are interested.
- Typically, we send the calendar for the month to you via email. Please let us know if we need to send additional emails for other family members, or if you will be forwarding emails.