

# Managing Dementia with Expertise and Special Care Unit at Bethany Calgary

Residents Leading the Way  
Treating the Whole Person



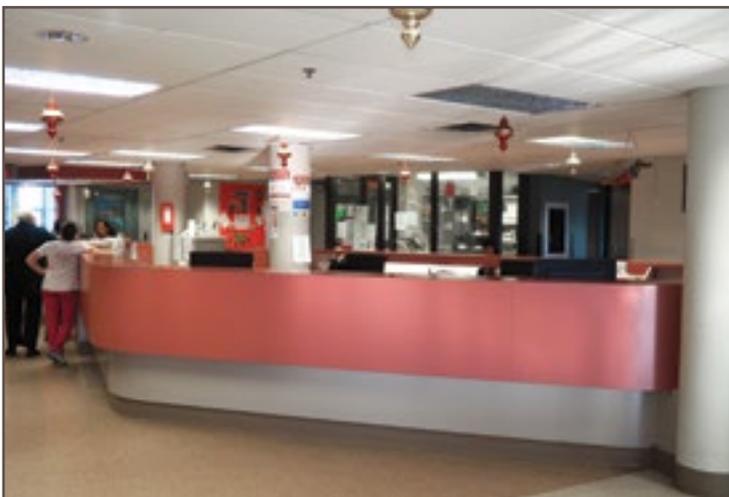
## About the MDE / SCU program

Established in 1987, the MDE / SCU program is unique in Southern Alberta. Our team of skilled and knowledgeable professionals use specialized approaches and best practices for effective behavioural management of individuals with complex behaviours associated with dementia. Using a resident-centred approach, we help individuals and families work through the challenges presented by this complex disease, with the goal of stabilizing behaviours so the individual can move to a more traditional care environment.

*A special residential care setting with help and hope for individuals and families living with complex and challenging behaviours associated with dementia.*

*We look beyond limitations and see strengths and opportunities.*

*We celebrate life every day!*



## Frequently Asked Questions

### Who is admitted to the MDE / SCU program?

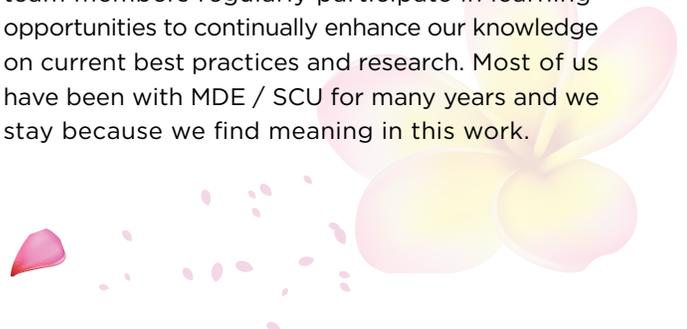
The MDE program has 49 residents with a diagnosis of dementia. The SCU program has 27 residents with a diagnosis of dementia. Residents in the program experience unpredictable aggression and / or other complex behaviours as part of the disease process that could place themselves or others at risk.

### How long do people stay on MDE / SCU?

As the resident's behaviours become stabilized and more predictable they will move to another continuing care environment. The timeline for this varies from individual to individual. The team works closely with the family and other care providers to ensure a smooth transition.

### What experience do the staff have?

Members of the MDE / SCU team are highly committed, skilled and experienced in providing care for residents with complex dementia. Our team members regularly participate in learning opportunities to continually enhance our knowledge on current best practices and research. Most of us have been with MDE / SCU for many years and we stay because we find meaning in this work.



## Is MDE / SCU like a hospital?

Our goal is to create a homelike, calming environment, with the routines of normal daily life providing therapeutic stimulation. Residents are up and around all day. They dress in regular “street clothes” and eat meals around a dining room table. Family and friends are encouraged to visit and we welcome you to celebrate special occasions here. While MDE / SCU is a secure environment, residents are able to leave with a staff attendant for outings or to enjoy the secure garden on ground level.

## What about activities?

There is always something happening on MDE / SCU. We love activities because they are a meaningful way to engage residents and see the effect of treatment and behaviour management strategies. The activity calendar on our bulletin board says it all: bingo, hymn sing, crafts, exercise, music, mental aerobics, high tea, gardening and, please bring comfortable shoes for dancing!

## Where do family members fit in?

Family members are important members of the team. We are committed to sharing information with you and we value your contributions. This is a difficult journey for families, and we offer support and education to help you better understand the disease and how it is affecting the person you love. That's why we encourage a pre-admission tour for families and regular contact throughout the program. We also understand that it is important for you to live a balanced life and hope you will take whatever time you need for yourself, knowing that your family member is in good hands.

## Meet the Team

Our interdisciplinary team offers professional care and support for residents and their families. As a special program, MDE offers enhanced staffing in many areas. Team members include:

Care Service Manager

Registered Nurses

Licensed Practical Nurses

Geriatric Psychiatrist

Physicians

Clinical Pharmacist

Pastoral Care

Clinical Educator

Social Worker

Registered Dietitian

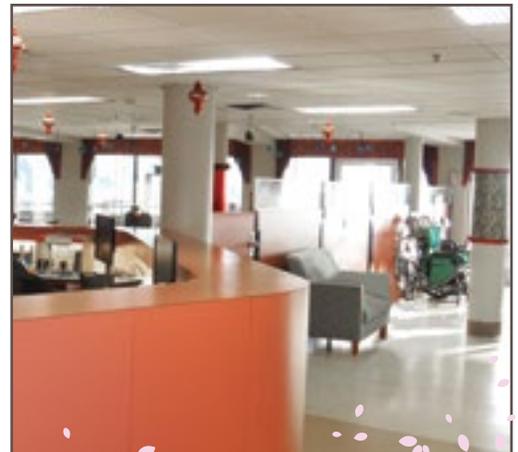
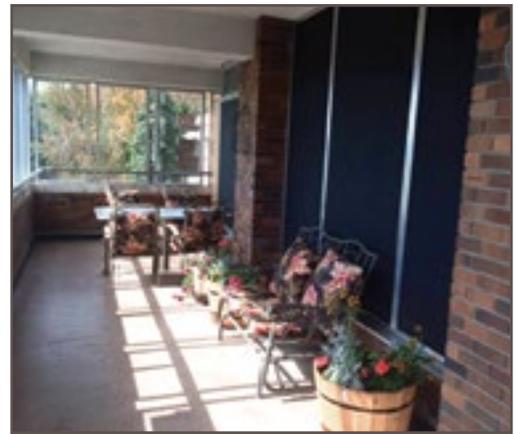
Occupational Therapist

Recreation Therapy

Health Care Aides

Unit Clerk

Environmental Services



## Phases of MDE / SCU

**Assessment** — During the first six weeks, the team members gather information from the resident and family in order to develop an individualized care plan based on the resident's needs.

**Stabilization** — This phase is unique for each resident, and continues until behaviours become more stable. Team members meet regularly to develop interventions and activities with measurable indicators that tell us whether we are reaching the resident's care goals.

**Transition** — The interdisciplinary team verifies that the goals of care have been achieved and the resident can move to a more traditional care setting or other less structured environment. We work with the family to identify suitable options and support the resident and family through the transition.



The MDE Program is located on Level 8 at Bethany Calgary. The SCU Program is located on Level 7 at Bethany Calgary. Referrals are made through Alberta Health Services, Transition Services.

If your loved one has been assessed as requiring the MDE / SCU Programs, please call us at 403-284-6066 to arrange a pre-admission tour and learn more about the special care and support we provide.

Bethany Calgary

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CREATING CARING COMMUNITIES