Ebenezer is proud to offer the Dimensions Program to residents living within our memory care communities. This program, originally funded by a grant from the Minnesota Department of Health, prepares Ebenezer staff to provide exceptional, compassionate care using evidence-based best practices. Our Dimensions Coordinator oversees the multi-faceted program. Our goal is to make a dramatic difference in the life of your loved one.

Building relationships for person-centered care

- Caregivers are trained to respond with compassion and creativity to a resident’s specific needs
- Care plans are based on detailed assessments that consider the person’s abilities, needs, preferences, and personal history
- To help residents better navigate their environment and maintain their independence, a team of therapists develop approaches that match the individual’s level of cognition

Innovative, interactive training creates experienced staff

- Comprehensive aging and dementia care training delivered at New Employee Orientation
- In-depth, hands-on training on specific dementia-related topics provided regularly onsite to front-line staff
- Ebenezer’s ongoing Champion Initiative trains Memory Care Champions at each site to disseminate training and build a team of skilled and empathetic advocates for residents living with dementia
- “Hot-Topic” dementia-focused training provides monthly skill-building opportunities for staff at every site
- Dimensions Coordinator available to each site for consultation and hands-on training

continued on back
Engaging activity as a building block of dementia care

- Residents are encouraged to participate and engage in creative arts and learning activities
- Activities designed to promote brain health
- Massage Therapy available (for a fee) upon request
- Exercise and Balance Programs
- Interactive, participatory groups such as Drumming, Painting, Music Making, Poetry and more
- Focus on keeping residents in touch with experiences integral to their identities
- Service projects and community involvement
- Person-centered, calming activities as well as interactive entertainment
- Aromatherapy is used to promote calm as well as active engagement

Thoughtfully designed spaces

- Communities designed to promote comfort and security
- Controlled-access entries, community activity spaces, outdoor patios
- Special lighting designed for aging eyes
- Painting and decorating in calming colors
- Accessible spaces and furniture
- Continued assessment of environments to ensure dementia-friendly design structures and amenities

Family education & support

- Care partner support groups onsite at most communities
- Dimensions Coordinator available to present for family events
- Family support through education, care conferences, and community resources

Purposeful partnerships expand our ability to serve

- Consultation and relationship with Alzheimer’s Association and ACT on Alzheimer’s
- Affiliation with the University of Minnesota School of Nursing and the Center on Aging
- Partnerships with Centrex Therapy and Fairview Home Care and Hospice Senior Services
- Aromatherapy Project with Healing Alchemy™
- Collaboration with Fairview’s Palliative Care and Hospice Care