

Introducing Symphony Senior Living®

Symphony Senior Living is a leading provider of independent living, assisted living and memory care for seniors across Canada. With more than 20 years of experience in senior housing and services, Symphony champions the right of seniors to live well in a comfortable home-like setting that meets their needs in every way.

Symphony Senior Living is dedicated to enriching and supporting the lives of...

- the seniors who live with us,
- the families we serve, and
- our team members.



Symphony Senior Living
MEMORY CARE

**Carleton Place
Terrace**

(613) 253-7360

6 Arthur St,
Carleton Place, ON

**Symphony
Kanata**

(613) 591-3991

27 Weaver Cres,
Kanata, ON

**Forest Valley
Terrace**

(613) 830-4000

1510 St. Joseph Blvd,
Orléans, ON

www.SymphonySeniorLiving.com



An Overview of Moments®

The Moments® neighbourhood by Symphony Senior Living is a cozy environment designed exclusively to accommodate the unique needs of seniors with all stages of Alzheimer's, dementia or other forms of memory impairment.

On the path of Alzheimer's disease, people will begin to live more and more in the moment in time where they are most comfortable. At Symphony, our team members are uniquely trained to embrace this moment and help our residents live fully in the present, with whatever abilities they have. This distinctive approach minimizes confusion, agitation and frustration.

Support for residents and families includes:

- A specially trained team member designated to each resident and family to foster trust, build relationships and provide proactive service that results from familiarity

- Small, calm lounge areas with tactile enhancements to help residents feel at home and comfortable
- Ample wandering space so residents can explore freely yet with the protection of security and safety measures in place
- Structured daily activities that enable residents to remain as engaged as possible and preserve self esteem
- Reminiscing life skill activity stations to give residents the opportunity to revisit precious times and meaningful activities in their lives
- Family and caregiver support groups to help the whole family not only understand disease symptoms and progression, but also learn how to cope with the impact on their own lives
- Palliative care to make passages gentle and peaceful

Moments® Memory Care



Symphony Senior Living
MEMORY CARE

Serving Seniors and Their Loved Ones

At Symphony Senior Living, we are renowned for our leadership and expertise in the field of Memory Care (Alzheimer's and other dementias). Our goal is to connect with our residents and support their families through a disease process that takes so much, but makes us stop and truly live in the present "moment".

Our environment is intimate and soothing

Within Symphony, we have created dedicated areas called Moments® neighbourhoods where our exclusive focus is caring for residents with the special needs related to memory loss. These environments are smaller, calmer and home-like, which helps improve morale and increase comfort, so residents feel at ease.

We honor individuality

We take a highly personalized approach to our residents' care and support. Each individual brings to us a unique set of experiences, abilities, preferences and needs. We gain a deep understanding of every resident's background so we can focus on what they can do, rather than what they cannot.

Our professionally trained team provides care around the clock

Our team, which includes a nurse scheduled to be on-site, is specially trained in supporting residents with memory loss throughout the day and night. They are able to minimize confusion, agitation and frustration and therefore, reduce the need for medications and unnecessary restraints. (All of our communities are restraint-free.)

"Our greatest accomplishment is when our residents live well, in their home, with us. Our greatest reward is to be part of their chosen family."

— Lisa Brush, CEO & Founder, Symphony Senior Living —

We are knowledgeable about the complexity of memory loss

We are thoroughly educated about the multifaceted disease process of Alzheimer's, dementia and other forms of memory impairment. We recognize symptoms when they show and as they progress, allowing us to adjust our care and support accordingly. We cannot cure memory loss, but we can help residents and families continue to make meaningful connections throughout their journey.

Our approach to wellness is proactive

Each resident receives a comprehensive assessment before joining our Moments® program. Our wellness team uses a detailed health history to create a Signature Service Plan customized to

each resident's unique needs. With the help of a Resident Specialist designated to each resident, we are able to quickly identify even small changes in behaviour or routine that signal the need for an adjustment to our wellness strategy. This keeps residents stronger longer and crises at bay.

We make safety and security high priorities

Our generously staffed Moments® neighbourhood is secured around the clock to help keep residents safe. Structural accommodations, such as lighting and floor surfaces, help prevent injury. Monitoring technologies let us know where each resident is at all times. Sprinkler and fire suppression systems are ready to operate if needed and we maintain strong relationships with local medical and safety service professionals.

We take every available measure to fight the disease process

Cutting-edge research tells us proper nutrition, medication, physical and brain exercise, and routine health monitoring can dramatically influence residents' daily abilities, quality of life and health.

Some of the steps we take include:

- Specialized diets enriched with omega 3 and vitamins
- Hydration programs
- Cognitive exercise regimens
- Physical strength training and exercise
- Music, aroma and massage therapy
- Physical, speech & occupational therapy
- Continence training
- Fall reduction training

We regard families and friends as partners

We support and encourage families and friends to be part of our circle of care. We feature a minimum of eight activities each day, with evening and weekend programs. This approach integrates family, friends and the broader community at every opportunity, engaging youth, professionals, local interest groups and others, bringing life and living to our residents' lives each and every day. We also provide education and support groups about all stages of Alzheimer's, dementia and other forms of memory impairment. This knowledge can help caregivers and the whole family not only understand disease symptoms and progression, but also learn how to cope with the impact on their own lives.

