

Memory Program

A Health and Wellness Program for Seniors Coping with Memory Loss

Chronic and cognitive health conditions are among the chief health concerns for seniors. As a medical professional, your treatment is critical in your patients' prognoses. But the time you have available for each individual patient is limited.

To supplement medical treatment, Meadowlark has developed an interdisciplinary program to help seniors dealing with memory loss.

"Whether you're a person with memory issues or a caretaker, you can come away from this program with concrete skills to help you cope with memory loss."

Michelle Haub, Program Leader & Speech Language Pathologist, Meadowlark

The program teaches participants concrete tips to help manage day-to-day symptoms and provides opportunities to engage with others experiencing similar issues. This approach has improved the quality of life for dozens of seniors and their caretakers in the area.

The program is available for all Flint Hills area seniors, not just residents of our retirement community, Meadowlark Hills.

About the Memory Program

The Memory Program provides functional techniques and strategies to help seniors manage memory loss in their daily routines.

The program is made up of various classes and informal meetings focused on:

- Education and strategies to better manage memory loss
- Story-sharing and reminiscing
- Art and visual thinking strategies, offered in collaboration with the Marianna Kistler Beach Museum of Art
- Caregiver support

A monthly luncheon is also available to help foster social interaction and engagement with others coping with memory loss. (There is a small fee for lunch.)

Individuals may choose which discussions they wish to participate in.

Who It's For

The program is open to seniors in the Flint Hills area, including residents and non-residents of Meadowlark Hills. Spouses and family members are also welcome to attend.

How It Works

Anyone can make a referral to the program—physicians, other medical personnel, and even patients themselves.

If patients might benefit from additional services requiring a doctor's orders like physical therapy, Meadowlark will contact your office to determine the next steps.

Cost

The classes and meetings are free with the exception of the monthly luncheon. Participants are asked to cover the cost of their meal.

Parkinson's Program

Meadowlark also offers a program for people with Parkinson's disease. The program provides tools to be used in conjunction with medical treatment to help seniors slow the progression of the disease. Please see our separate handout for more information.

Home Health Care Services

Additionally, Meadowlark's Home Health Care Services provide a variety of services from advanced health support to personal hygiene needs to household help to companionship for seniors in the Manhattan community. Please see our separate handout for more information.

Contact Us

If you have patients you think might benefit from our Memory Program, please contact us. We're happy to answer any questions or discuss specific referrals.



MEADOWLARK

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