



The Value of Signature Programming

Capri Communities of Southeast Wisconsin
Blu Grotto-Memory Care Programming
Mari Pat McAuliff, Consultant, CTRS, DCS, DS, WM-C, DLC
847-804-0252



Today's Touch Points

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What is a signature program?
Impact on residents, families, staff, and your brand
What is your mission statement?
Consider the strength of your campus
How to start
Beginning your search
Large or small



What is a Signature Program

Operations:

- Branded, recognizable, structured training or care mode
- Reflects your organization's mission, values, and culture
- Delivered consistently across teams and locations

Program delivery:

- Structured
- Repeatable (consistency matters)
- Evidence-informed
- Engagement designed to create predictable, meaningful experiences.

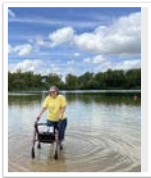


Core Criteria Focus:



- Evidenced based Foundation
- Person centered approach using their highest level of function
- Holistic and non-pharmacological
- Replicable and Sealable
- Meaningful

Why Offer a Signature Program



- Standardization
- Key Performance Indicators (KPI's)
- Training and scales
- Resident and Family Satisfaction

Key Types of Research-Based Signature Programs

6 evidence backed approaches transforming Memory Care

- Music Therapy & Music-Based Interventions
- Art & Creative Expression
- Montessori based program
- Cognitive Stimulation Therapy (CST)
- Reminiscence Therapy
- Physical Activity & Movement Programs



Benefits for People Living With Dementia

Feelings of acceptance, safety, success and belonging	Predictable, person-centered care experience	Reduced anxiety and behavioral expressions
Improved communication and engagement	Greater dignity, autonomy, and purpose	Emotional well-being

Cognitive and Emotional Benefits

- Music-based strengthen brain networks involved in memory and motor function (*NIH Toolkit, 2023*)
- CST uses themed activities, word games, and puzzles to actively stimulate cognitive function in group settings.
- Improved cognitive domains in adults with Alzheimer's disease (*Vance & Johns, 2009*)
- *Structured routines helps to maintain orientation and daily living skills.*
- Music improves long-term depression outcomes and quality of life post-intervention (*Moreno-Morales et al., 2020*)
- Non-pharmacological interventions reduced GDS-15 depression scores by **40%** in clinical trials
- Significantly improved affect and reduced signs of depression and anxiety across multiple studies
- Reminiscence triggers positive memories, enhancing self-identity and emotional comfort

Reducing Behavioral and Psychological Symptoms

- Decrease in psychotropic medication use and need.
- Improved sleep: PSQI sleep disturbance scores dropped from **10.2 to 5.6** in intervention groups, nearly halving sleep disruption
- Structured signature, or like, programs provide predictable environments for engagement reducing stress and events of ill-being.

 DECREASED AGITATION/AGGRESSION	 DECREASE IN PSYCHOTROPIC USAGE	 STRUCTURE IMPROVED RESIDENT SUCCESS
 MEALTIME INDEPENDENCE	 MEAL PROGRAMS—REDUCED FEEDING	 RESISTANCE AND IMPROVED NUTRITIONAL OUTCOMES

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Benefits for Staff

- Clear training pathways and expectations
- Increased confidence in responding to complex situations
- Reduced burnout through structured support
- Stronger teamwork and communication
- Staff collaboration

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Desired Outcomes and Benefits



- Improve: • Improve quality of life for people living with dementia
- Increase: • Increase staff competence and confidence
- Reduce: • Reduce care variability
- Strengthen: • Strengthen family trust and engagement
- Enhance: • Enhance organizational reputation

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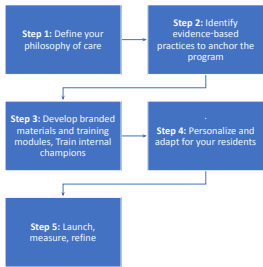
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Key Components of a Strong Signature Program

- Culture of open mindedness, trust, kindness and flexibility
- Hands-on on-going skills training Staff and families
- Environmental and sensory considerations
- Ongoing evaluation and quality improvement

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Building Your Signature Program



Signature Programs Resources

- Have questions ready for trade show vendor's today!
- Area Agency on Aging, dementia professional organizations for study and trial opportunities and university studies.
- ERAS, AARP, ICAA, NHI, Alzheimer's Associations, university dementia day centers, study programs,
- Age-u-cate
- Create your own, build out what program success you have
- Consultant, Wellness Manager, Certified Therapeutic Recreation Specialists, physical rehab teams, life enrichment professional with experience creating successful ability-based activities and programs

Search

- [cognitive stimulation therapy dementia - Search](#)
- <https://www.bing.com/search?q=how+to+search+for+a+researched+program+for+dementia+residents+of+Brain+Aerobics+for+Dementia>
- www.lojournals.sagepub.com
