

The person you love deserves the absolute best care and living experience.

That's why Ecumen created Awakenings™, a nationally honored Alzheimer's care approach that significantly reduces "chemical restraints," the sedating psychotropic medications often prescribed to people with Alzheimer's disease.*

Awakenings provides a better quality of life for your loved one and a more rewarding experience for family and friends as well. Our empowering circle of care puts your loved one at the very center, focusing on abilities — not disabilities — while honoring each person's individuality.

Awakenings Partnerships

Awakenings partners with the State of Minnesota, the University of Minnesota, the Minnesota State Colleges and Universities System (MnSCU), corporate and foundation partners, and others to help make lives better, educate future care professionals and transform America's culture of Alzheimer's care.

* Ecumen uses the term "Alzheimer's disease" to refer to Alzheimer's disease and related dementias. Related dementias include frontotemporal, Lewy body, mixed and vascular dementia. This collective definition of Alzheimer's disease is consistent with the approach both Congress and the U.S. Department of Health and Human Services (HHS) use in the National Alzheimer's Project Act.

Awakenings History

Awakenings was developed by Ecumen care professionals and our physician and pharmacist partners concerned about antipsychotic drug effects on elderly patients. The work began as a pilot program in 2009 at Ecumen in Two Harbors, Minnesota. Over six months, use of antipsychotics and other psychotropic medications were eliminated in all cases when no psychosis was diagnosed, significantly improving quality of life.

The State of Minnesota awarded Ecumen a \$3.7 million performance-based "innovation grant" to expand this work. Since then, Awakenings continues to grow, and we share its philosophy across the country and with health care students learning about Alzheimer's care.

Results, Recognition & Awards

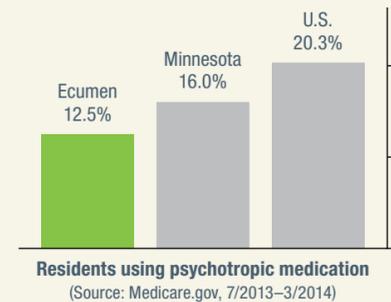
According to Centers for Medicare and Medicaid rankings, Ecumen nursing home resident use of psychotropic medication ranks far below Minnesota and national rates. Minnesota Department of Human Services and Notre Dame University analyses also showed significant improvement in life quality indicators for Awakenings residents. Awakenings has also received the following honors:

- **Aging Services of Minnesota's Leading Change Innovation Award (2013)**
- **National Excellence in Dementia Care Award (2014)** presented by LeadingAge, the national association for non-profit aging services providers

Awakenings' approach has been covered by *The New York Times*, *Associated Press*, *Washington Post*, *the Minneapolis Star Tribune*, Minnesota Public Radio and KARE TV (NBC-Minneapolis) among others.

About Ecumen

Ecumen envisions a world in which aging is viewed in radically different ways. We're a Minnesota-based non-profit organization focused on innovation that makes lives better. Today, we empower and honor the independence and unique needs of over 12,000 customers.



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Innovative, Integrative Alzheimer's Care

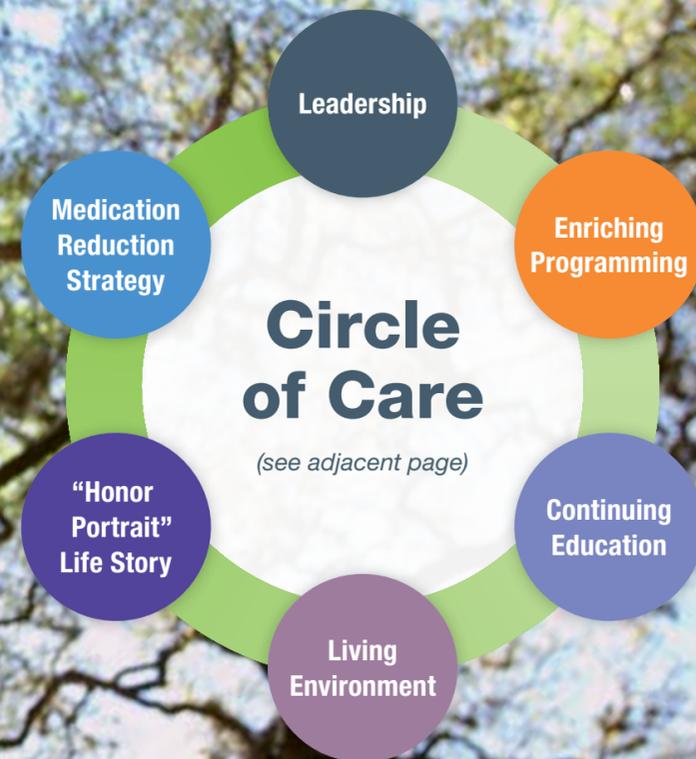
MAKING
LIFE
BETTER

innovate empower honor™

ecumenawakenings.org



“Awakenings” occur as behavioral symptoms decrease, engagement increases and abilities and personality emerge. We observe and learn what environmental, situational and social factors trigger behavioral symptoms and then incorporate appropriate interventions. Because of Awakenings, hundreds of people are living without chemical restraints and have a fuller, richer life.



Awakenings™

A Supportive, Empowering Circle of Care

Awakenings' integrated approach involves our residents, their family members, Ecumen care professionals, and our physician, pharmacist and behavioral health partners. Your loved one is at the center of our circle of care, which is comprised of:

Leadership

Ecumen's Awakenings leaders are passionate about transforming Alzheimer's care and they are committed to continual learning, proactive problem solving, deep empathy and honor.

Enriching Programming

Our programming focuses on the five senses and one's enjoyment. Each person's life story plays a key role in individualizing programming, which focuses on elements that have always been a part of one's life and wellness. For example:

- **Relationships & Connections** — 1:1 visits, spiritual services, reminiscing, pet therapy
- **Work** — Helping others, leading an activity, or aspects of specific career work a person enjoys
- **Self-Care & Independence** — Bathing, housework, assisting with food preparation
- **Leisure** — Games, hobbies, singing, exercise, dancing
- **Mind, Body, Spirit** — Napping, quiet walk, spirituality, massage, praying, aromatherapy

Continuing Education

All Awakenings care team members have ongoing training on the newest research and care advances. Training includes:

- Understanding Alzheimer's and Behavioral Expressions
- Insights into Medications for Behavioral Interventions
- Enriching Programming for Joy and Individuality
- Medication Reduction Strategy
- Communication Techniques
- Dining With Dementia

Living Environment

Awakenings sites include many subtle features that reduce distractions that can spur expressions associated with Alzheimer's. These include glare-free lighting, shorter hallways, private rooms, activity stations and discrete directional cues.

“Honor Portrait” Life Story

We develop this life story with our residents and their families to help guide care plans and programming, and help us learn about each person. It includes such things as key life events, family history, interests and other elements important to that person's unique being.

Medication Reduction Strategy

Residents frequently come to us taking a mix of medications, often including psychotropic drugs, even when the person doesn't have a diagnosis of psychosis. We work closely with our physician, pharmacist and behavioral health partners to taper and eliminate inappropriate medications and replace them with non-drug approaches.

