

# Table Rock Capability Sheet

## Memory Care

### WELLNESS & COMMUNITY

A nurse who will monitor the health and wellness of each memory care resident. 24-hour care where our experienced, capable staff lend a hand in daily living activities such as dressing, grooming, bathing and toileting. This allows for more individualized attention. Attentiveness to building relationships and recognizing the whole person has social, mental, physical, emotional & spiritual needs to promote socialization and independence. A dining experience where residents enjoy the familiar tastes of home cooked meals; because we know people have different dietary needs, vegetarian, low sugar, low salt and diabetic diets are offered. Opportunities for social interaction that promote a sense of joy, satisfaction and belonging. Appropriate outings, music, card games, readings, creative arts and intergenerational activities are a few examples. All assist in the creation of regular routines. Outdoor spaces that promote community, provide walking paths through our secured outdoor area with shaded patio.

## Safety

### FULLY SECURED

Fully secured and separate wings creating a warm, intimate setting. 24/7 emergency call system. Need assistance getting to your medical appointments? We will take you. Regular communication with family, loved ones and medical individuals to supply support and continuing education.

## Memory Care Services

- Fully secured neighborhood
- Three freshly prepared meals to help with familiar tastes of home cooked meals
- Activity room
- Secured outdoor courtyard
- Support with activities of daily living and a variety of services
- Customized care plans
- 24/7 emergency support system
- Assistance with medical appointments
- Invigorate Program that focuses on celebrating passion, purpose and play. Explores new ways to engage with each resident
- Able to manage behavioral challenges due to memory impairment.

## Respite and Immediate Move-Ins:

Table Rock offers respite care for you or your loved one. Whether it's a few days or a few weeks, respite care gives you the time and resources you need for a short-term break. With professional assistance and emergency services available, if necessary, respite care at Table Rock Memory Care may be the right choice for you or your family.



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[tablerockmemorycare.com](http://tablerockmemorycare.com)

For placement or referrals  
please call  
(541) 779-3368

