

FOR PATIENTS AND CAREGIVERS

This program is designed to educate those impacted by dementia by providing patient- and caregiver-specific resources and strategies to better understand and address disease progression.

Our specially trained therapists help patients preserve their confidence, dignity and independence while our team of experts works closely with caregivers to help them manage changes, minimize stress and frustration, and provide a supportive environment for their loved one.

Methodist Hospital Specialized Dementia and Memory Support Program

8303 Dodge St.
Omaha, NE 68116
(402) 354 - 4670



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Specialized Dementia and Memory Support Program

*An Individualized Approach To Maximizing
Quality of Life and Independence*

SPECIALIZED DEMENTIA AND MEMORY SUPPORT PROGRAM



Early, Individualized Intervention

The goal of Methodist Hospital's Specialized Dementia and Memory Support Program is to initiate services as early as possible to help individuals with dementia and their caregivers maximize their quality of life.

With no set number of appointments and no requirements to "complete" the program, we believe in allowing patients and caregivers to truly drive their experience with us as we work to help them maintain a sense of control amid such a life-changing diagnosis.

Multidisciplinary Approach

As a part of this specialized program, dementia care may include speech, physical and occupational therapy along with other specialties and support services. This combined approach allows us to assess and treat multiple aspects of dementia at the same time.

Here are some of the services offered through the following therapies:

Speech Therapy

- A comprehensive assessment to evaluate and stage the severity of dementia, which helps identify the level of support necessary for daily living

- Individualized counseling on assessment results
- A treatment plan for dementia-related swallowing issues or meal-time challenges, such as distractions, wandering, forgetting to eat, refusing to eat certain foods, etc.
- Recommendations based on current stage of functioning
- Restorative therapy aimed at improving or restoring impaired function through retraining techniques
- Compensatory therapy aimed at teaching the individual specific methods and skills to compensate for or overcome deficits that can't be restored

Occupational Therapy

- A comprehensive assessment and thorough review of the assessment completed by speech therapy with detailed guidance on the level of support necessary for daily activities like getting dressed, grooming, personal hygiene or toileting
- Strategies to help improve performance of these daily activities, as well as support for the habits/routines that are working well for the individual
- Recommendations to help maximize independence and safety at home and in the community
- One-on-one training with adaptive equipment



- A formal driving evaluation to assess a person's ability to safely operate a motor vehicle with or without adaptive equipment
- An overview in navigating the use of other modes of community transportation and resources

Physical Therapy

- Instruction for a regular exercise routine to improve strength, balance and gait
- Mobility enhancements for performing specific roles at home and in the community
- Caregiver techniques to prevent injury to themselves or their loved
- One-on-one training with assistive devices

We understand how scary and overwhelming a dementia diagnosis can feel for the individual and their loved ones, but early intervention can make all the difference. We're here to educate and empower families with a specialized and compassionate approach.