

The Louis and Anne Green Memory and Wellness Center: *An Innovative Program for Older Individuals Suffering Cognitive Impairment*

The Challenge:

Older patients suffering from various forms of cognitive impairment require treatment tailored to their circumstances, within a holistic, caring approach.

The Goal:

Integrate mental and physical health treatment, emphasizing respect for the individual being treated.

An Innovative Solution:

The Louis and Anne Green Memory and Wellness Center – an integral component of the Christine E. Lynn College of Nursing at Florida Atlantic University.

Where To Learn More

Ruth M. Tappen, EdD, RN,
FAAN
Christine E. Lynn Eminent
Scholar and Professor
Florida Atlantic University
Christine E. Lynn College of
Nursing
777 Glades Road
Boca Raton, Florida 33431-
0991
Phone: (561) 297-3188/2613
E-mail: rtappen@fau.edu

What It Is

- A provider of diagnostic evaluation and therapeutic programs to individuals with mild cognitive impairment (MCI), Alzheimer's disease (AD) and related dementias, and to their families.
- A state licensed day program that can serve 70 participants a day and has had more than 500 clients since opening in 2005.

What It Does

- Services include comprehensive diagnostic evaluation that incorporates a two-hour history and physical by a Geriatric Nurse Practitioner, two hours of neuropsychological testing, blood work and scans as indicated, along with a diagnostic impression and care coordination meeting with client and family member. Services are covered by Medicare.
- Features an active exercise component including yoga and aerobic exercise and special attention given to use of healthy ingredients used in preparing meals. Cognitive stimulation provided through group and individual games (computerized for those who are comfortable with computers).
- Facility is designed to convey a warm, caring ambiance. Large windows bring in a flood of natural light. Entry ways are designed to minimize wandering without using locks or alarms. Fenced gardens provide an opportunity to enjoy nature.

How It Stands Out

- Two features are unique to the area: a program for people with mild impairment and the actively therapeutic nature of the programming.
- Won state designation as a Memory Disorder Center – the 15th in Florida and the only one associated with a college of nursing.
- Funded research studies are currently underway at the Center. Memory screening is made available through outreach to minority and disadvantaged people in the community.
- For the past five years, the Center has supported itself on fees, Medicare reimbursement, gifts from supporters, and small grants.
- Provides older driver assessments, specializing in memory-related concerns, using computerized in-office testing and on-the-road tests on a standardized course to determine ability to drive. Referrals come from families, physicians and the courts.
- Individual psychotherapy service for clients and caregivers who have difficulty coping with their problems. Couples counseling for those in the early stage of memory loss.
- A fund raising auxiliary (the Caring Hearts) provides scholarships for those who cannot afford to attend the day program, and helps meet other needs of the Center.
- Cognitive retraining is offered to clients of the Center.