



Quality Care Programs

Acute or chronic illness can be a common occurrence as we age. Our clinical care programs help our clinical staff in our Assisted Living and Alzheimer's and Dementia care communities to identify, monitor and respond to the individual healthcare needs of our residents.

Clinical Guidelines

Routine assessments that can be accessed by our clinical teams to help identify the health condition or symptoms of residents. The clinical guidelines also include current and best practice parameters for various health conditions.

Personal Service Assessment Plan

Routine assessments by our licensed professionals allow us to:

- Implement holistic and personalized service plans for each resident
- Help residents who are at risk for falls, have polypharmacy issues and exhibit nutrition or behavioral problems
- Keep care cost-effective by ensuring each resident pays for only what he or she requires

Dining and Nutrition Programs

Menus at Brookdale communities are developed by a registered dietitian and culinary staff to deliver quality and comply with the nutritional requirements of older adults. To meet this standard of excellence, we implement the following programs, processes and tools:

- Signature Dining program
- Therapeutic Diets
- Periodic daily snacks
- Nutrition at Risk program
- Hydration Program Clinical Guideline
- Monthly resident weight tracking with triggers for more frequent monitoring
- Alzheimer's & Dementia Care Quality Assurance Tool



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Quality Care Programs (continued)

Nutrition at Risk Program

This program was developed to help our resident care team detect potential nutrition issues early on. A resident's weight is obtained on a monthly basis and more frequently if needed. Once weight loss or a trend is identified, the team works with resident's physician to implement a comprehensive plan to help address the health concern.

Falls Management Program

In conjunction with our Personal Service Assessment plan, this program provides a systematic approach to identifying residents at risk for falls. The program:

- Introduces approaches to help manage falls and early interventions to help avoid falls
- Evaluates and investigates falls to help reduce their likelihood of happening again

Advanced Dementia Training and Oversight Program

With a focus on a team approach, trainings are led by divisional care specialists who review behavioral case consultations. Our leaders and associates working in dementia care receive this training. Behavioral case studies offer learnings about comprehensive and individualized approaches to care.

Psychotropic Drug Review Program

We closely monitor prescribed antipsychotic and benzodiazepine medications that affect behavior to identify possible side effects and/or intolerance. We work with prescribers and the community pharmacy partners so they can evaluate the appropriateness and effectiveness of these medications. Our review is intended to:

- Lower unnecessary psychotropic drug use
- Reduce falls and other adverse effects related to psychotropic drug use

Dementia/Behavioral Discomfort Analysis Program

The behavioral expressions analysis program fosters a culture of problem solving:

- Clinical staff completes survey of discomfort analysis then seeks to understand underlying factors that contribute to behaviors
- Uses of non-drug/behavioral treatment approaches
- Strives to improve pain management, which can reduce many adverse behaviors in dementia



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