



## THE BEST LIFE APPROACH

*Dementia education, training, and support to help your community create person-directed, relationship-rich living for everyone.*

In its ongoing pursuit of leading-edge solutions that are truly person-centered, The Green House Project (GHP) has developed Best Life, an approach to dementia care that is rooted in the organization's core values of Meaningful Life, Empowered Staff, and Real Home. Our state-of-the-art approach digs deep into these core values to ensure an infusion of knowledge that does more than check the boxes.







## Stand Out

Now available to nursing home, assisted living, and memory care communities that want to stand out in a crowded marketplace, Best Life's groundbreaking approach is a differentiator in a sea of sameness.

Imagine if you were labeled by only one word, and that word alone determined how the world treated you. The sum of your life experiences—relationships, skills, unique perspectives—would not matter. The complexity of what makes you unique as an individual would all be washed away by the one-dimensional perspective of that label.

This is the unfortunate reality for 85 percent of people living in long-term care. This label focuses on what people can't do—on what's been lost.

Instead, Best Life helps organizations support PLWD to be recognized as individuals and gives care partners the tools and understanding to help them achieve their best lives.

**“I feel that I have learned so much these last few months. I started my career 34 years ago in our legacy building on the memory care unit with no special training. It is wonderful to learn how much has changed and to be given the [Best Life] tools to really make a difference in the lives of people living with dementia.”**

—Teresa McConnell, Guide for the Greens, The Green House Homes at Lima Convalescent Home, Lima, Ohio

## STEEPED IN THE GREEN HOUSE PHILOSOPHY, BEST LIFE IS:

- Education and training authored and approved by highly acclaimed dementia experts.
- Ongoing coaching, resources, and support to help you operationalize and sustain a comprehensive memory care approach.
- Leading edge tools and approaches to ensure all people living with dementia (PLWD) are living rich and rewarding lives.
- Based on a powerful proven framework and brand.

## BEST LIFE DISRUPTS THE STATUS QUO BY:

- Examining society's own fears and misperceptions about dementia;
- Focusing on the accomplishments of PLWD—as opposed to their losses—thus enabling them to thrive beyond their diagnoses;
- Creating an environment that enhances the image of elders and makes them partners in their lives and their care; and
- Recognizing the value of seeing the whole person.

## How It Works

Best Life is a comprehensive approach to memory care that helps all members of an organization understand the complexities of dementia, to see each person as a unique individual and to connect them to an engaged life.

Whether the goal is to improve an existing memory care approach or implement a new one, Best Life offers a powerful and dynamic train-the-trainer model of education that includes a pre-training assessment, a customizable approach, onsite training, and follow-up engagement to help you operationalize and sustain what you've learned.

**Pre-Training Assessment:** A Best Life dementia specialist conducts an assessment of the community's current memory care program to identify organizational strengths and opportunities to determine a roadmap for success in implementing the Best Life approach.

**Customizable Approach:** The Best Life curriculum is tailored to the unique needs of the organization, with educational materials and resources that are steeped in the Green House values.

**Onsite Training:** The Best Life customized curriculum can be offered onsite or workshop-style. Our train-the-trainer format is designed to equip the care team with tools and resources for success via onsite training that can range from two to four days, with additional learning intensives available.

**Sustainability:** Ensuring the ongoing integrity of Best Life is a key aspect to our approach. An initial engagement includes one year of ongoing coaching and support to help your organization operationalize and sustain Best Life via a community of collaborative partners and additional resources to ensure the continued growth of your team. We also offer the option of continuing the engagement with Best Life beyond the first year.





Similar to the Green House model's impact on long-term care, Best Life is a disruptive force that addresses the stigma of dementia head on and explores the often-unrecognized biases that shape interactions of PLWD

#### Following are the four principles of Best Life:

**Power of Normal.** Segregating people living with dementia from normal society only serves to increase the stigma of dementia. Best Life strives to create a culture of normalcy that enables individuals to live in the least restrictive environment possible and experience culturally typical activities. In Best Life, the person's needs are more important than an institutionally dictated task that could impede their ability to experience normalcy.

**Focus on Retained Abilities.** First and foremost, Best Life dispels the myth that living with dementia means you do not have retained abilities and talents and cannot continue to experience and learn new things. Traditional beliefs, behaviors, and systems reinforce the perception that people living with dementia are "unable" or "childlike," while Best Life focuses on the value of real relationships with children, pets, and nature.

**Dignity of Risk.** A focus on "surplus safety" can take away choice and dignity from people living with dementia. Fears and misperceptions about dementia perpetuate the notion that it makes people disabled and in need of restraints, be they chemical, physical, or locked "units." Only by addressing these fallacies, can we ensure person-directed living that is relationship rich. Best Life promotes dignity in each person retaining the right to take risks.

**Advocacy.** Best Life broadens the role of team members in advancing the belief that no one should be defined by their diagnoses. Focusing on individuals' retained talents paves the way to advocating for that PLWD have expanded experiences and choices, as well as the right for rehabilitation.



## Developer and Facilitator



Anne Ellett is a certified nurse practitioner with more than 20 years of experience in elder living and memory care. Before founding Memory

Care Support, LLC, a consulting firm working with senior housing professionals as they develop state-of-the-art health and wellness and memory care programs, she served as senior vice president with Silverado Senior Living, an award-winning assisted living company specializing in dementia care.



**For More Information:**  
[thegreenhouseproject.org](http://thegreenhouseproject.org)  
[inquiries@thegreenhouseproject.org](mailto:inquiries@thegreenhouseproject.org)