



The Village  
MEMORY CARE



LIGHTHOUSE  
*Senior Living*  
AT ELLICOTT CITY

## About The Village

We meet you where you are right now. Using the latest best practices in dementia care, we provide a purpose-built environment and specially-trained caregivers to enable a resident-led lifestyle.

The important people in your life are important people in your Care Plan. We partner with you and your loved ones; providing education and support through the transitions brought by the journey of dementia.

Wellness is about more than physical health. Mind, body, spirit – it's about *all* of you. We use a holistic approach to care that includes nutrition, movement and engagement.

## Uniquely Lighthouse

**My Time Dining** puts you in charge; choosing when and what you eat.

**Fit for Life**, our own fitness program, brings exercise to you throughout your day; targeting mobility, balance and strength – the keys to independence and fall prevention.

**Lighthouse Compass** is your personal care plan. It's more than a list of medications and care needs. It addresses every aspect of your life at Lighthouse and includes your loved ones as partners in care.

Call to find out more about The Village: 410-465-2288.

## Right Now

For someone struggling with dementia, *this* moment is the most meaningful one. We built our memory support environment around that understanding.

Security is only a starting point in dementia care. Our resident-led lifestyle means that each person's own preferences and habits are learned and honored.

What time to wake up, what activities to engage in, when to eat lunch... the flow of the day is determined by each resident, not by a strict schedule set by caregivers. Finding joy in the moment is always our goal.

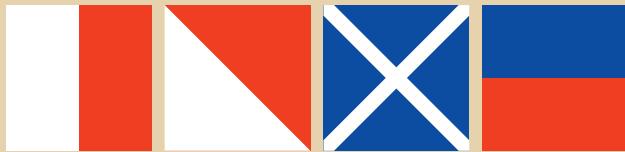
Progressive cognitive impairment brings many challenges. It is the integrity of our relationships with each resident and their family that enables us all to navigate each transition.

Three key components provide the foundation for those relationships:

- Validation: We accept the reality of our residents and connect with them wherever they are in each moment.
- Safety: We maintain a physical and emotional environment that is secure and nurturing.
- Empowerment: We focus on what remains, not what's lost, providing support for whatever actions and activities give purpose and engagement to our residents' lives.

Call us. We can help.  
410-465-2288





We'll take the next step with you.

Navigating through the options for senior living can be frustrating and stressful.

Call us. We'll help you define your needs and we'll offer solutions.

Give us a call to learn more:

410.465.2288



Assisted Living | Memory Care | Therapy



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