The Courtyard at Youville Place
A Memory Support Community
When is it time to consider “memory support?”

Even simple daily tasks can be confusing and frustrating for individuals with progressive forms of dementia. Feeling anxious and overwhelmed can lead to depression, isolation, and difficult behaviors. Because of this, caring for a loved one with Alzheimer’s disease often leads to exhaustion and frustration. Caregivers may need help understanding how to meet the changing needs and behaviors of individuals with Alzheimer’s disease. Over time, safety and security become major concerns.

Although it can be difficult to accept, individuals with moderate to advanced Alzheimer’s disease may require a secure environment, specifically designed to meet their special needs. The Courtyard at Youville Place offers families this resource when a loved one is no longer able to manage safely at home. The Wellness staff at The Courtyard assess prospective residents, determining their level of safety awareness, their ability to manage daily tasks such as dressing and personal care, and evaluating their judgment and decision making. This assessment is designed to identify the level of support each prospective resident needs to ensure safety, well-being, and success.

To learn more about the indicators that help identify individuals who will benefit from a formal memory support program, download The Courtyard Assessment Checklist from the Youville website.

Find the checklist on the Memory Support page under the Our Communities option.

The Courtyard at Youville Place focuses on helping each resident continue to be successful and independent, reducing the frustration of trying and failing to accomplish tasks they can no longer manage.

“We honestly thought that mom was managing well enough — but finally, it was the staff at Youville who helped us understand that she needed more structure. She is much more engaged now and we can see the difference.”

Youville resident family member

Call Youville to set up a confidential, individualized memory support assessment.
Why choose The Courtyard at Youville Place?

Youville has earned its reputation by offering extraordinary values based, personalized care and support to residents and their families. The Courtyard at Youville Place offers those with moderate to advanced forms of dementia, state of the art services along with the compassion and support only Youville can offer.

Embracing the “habilitation” approach to care, Youville strives to maximize remaining abilities and focus on maintaining positive emotions. This holistic approach fosters an environment of respect, and allows residents to maintain their sense of dignity and individuality.

The Courtyard offers residents two secure outdoor gardens, a sun lit dayroom, and a country-inn-style dining room, complete with a safe, accessible kitchen, adding a sense of familiarity and warmth. All apartments are equipped with storage cabinets, closets and a lockable door as well as an emergency response system, thermostat for individual temperature control, and a bathroom. Apartments are also outfitted with carpeting and drapes to add to the sense of being at home.

Youville places an emphasis on helping residents stay connected to their spiritual traditions. Many residents take great comfort in familiar rituals, hymns or prayers. Youville acknowledges these important touch points and encourages residents to find and enjoy special ways to bring a sense of peace into their lives. The chapel and the Youville chaplain are always available to Courtyard residents and their families.

The monthly fee includes:

- Up to two hours of personal assistance daily
- Assistance with continence management
- Medication reminders
- Nurse administration of medications (LMA)
- Three nutritious meals and snacks daily
- Housekeeping services
- Personal laundry and linen service
- Individual safety monitoring and emergency response system
- 24/7 awake staff
- Spiritual support, religious services
- Daily Eucharist/Mass, chapel visits
- Transportation for regularly scheduled programs
- Daily calendar of meaningful and failure-free activities (includes live entertainment)

Services available for an additional fee:

- Transportation for medical appointments
- Podiatrist
- Hair Salon and Gift Shop (on site)
- Guest meals
Rise and shine — Each morning breakfast is served in the country-inn-style dining room. A resident may attend a program after breakfast, or simply linger over coffee, enjoying the newspaper or the company of others.

At mid morning, a fitness activity might include a walk, movement to music, or chair exercises in the sun lit day room. Each resident’s day is based on individual interests and abilities. One resident may enjoy making her bed or laundering personal clothing with the assistance of a staff member, while another may prefer to water the plants in the garden room, spend time in the woodworking shop or feed the fish in the aquarium.

Good afternoon — Meaningful activities are offered each day to stimulate the senses and promote feelings of belonging, usefulness, happiness and peace. Residents spend their time doing things they still enjoy, and are encouraged to try new activities. Programs are offered to stimulate verbal and visual skills, support motor skills and reduce agitation and anxiety. Youville is committed to working with residents to decrease feelings of confusion and frustration and increase feelings of satisfaction and contentment. This often reduces or eliminates the need for behavior regulating medication.

Sweet dreams — Residents enjoy dinner with others in the dining room, winding down the day with a walk or gathering by the fireplace to read and chat. Days are structured to avoid both boredom and overstimulation which helps to minimize late afternoon anxiety, or the ‘sundowning’ effect. Throughout the day, staff assist residents with personal care, medication reminders, toileting needs and nourishment. Hourly well-being checks are performed from 7:00 pm to 7:00 am.

Contact the marketing team at Youville Place to arrange a visit to The Courtyard. Call 781.861.3535 or visit us on the web www.youvilleassistedliving.org
Initially, we didn’t consider Youville because we are not Catholic. When we visited though, it was clear that the values-based philosophy of care and compassion was the foundation of a warm, welcoming community. I would recommend Youville to anyone.”

Youville resident family member

What makes the Youville memory support community special?

The Courtyard at Youville Place is designed to accommodate the special needs of individuals affected by moderate to advanced Alzheimer’s disease or other types of dementia. Both the physical space and the schedule of programs and activities are designed to support those with cognitive impairment. The environment is simplified, with lighting designed to mimic natural daylight. A very intentional use of color helps residents identify different spaces, providing important cues to help guide them along pathways toward common areas.

The Courtyard is a secure space, allowing non-restrictive access to indoor activities and outdoor gardens. Daily enrichment activities encourage individual success, helping minimize frustration and stress.

Residents may not remember their world as it used to be, but can still recognize kindness and concern. The community provides a calm, soothing and welcoming environment where residents and their families enjoy time together.

Staff education is key, and all Courtyard staff are required to successfully complete a 12-hour comprehensive Alzheimer’s & Dementia training course. Ongoing education teaches staff to communicate more effectively and anticipate the needs of residents.

For more information or to set up an appointment for a Wellness assessment, contact the marketing team at Youville Place. The Youville team will work with your family to determine your next steps.

www.youvilleassistedliving.org
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Pending EOEA approval

Youvile House and Youville Place are sponsored by Covenant Health Systems, a Catholic, multi-institutional health and elder care organization serving New England.

Youvile Assisted Living Residences are certified by the Massachusetts Executive Office of Elder Affairs and operate within the regulations set forth by this agency.