



# Welcome to the Dimensions Cottage!

Hillcrest Health Services is recognized nationally for innovation and excellence in caring for those with dementia. We offer a network of support services that encompass both residential care neighborhoods and community-based services.

Our new Dimensions Cottage is a unique option representing the area's first licensed long-term care dementia program in a cottage home setting. Although the environment feels like assisted living, we are actually licensed for skilled nursing, with 24-hour nurse coverage and the oversight of a geriatric board-certified medical director.

The spacious Dimensions Cottage is home for up to 13 elders who are experiencing the dementia journey. Our specialized programming is based on a person-centered approach that focuses on enhancing quality of life by honoring choices and respecting dignity, while also supporting the elders' loved ones who are navigating this journey.

## OUR SERVICES

Our specialized services revolve around foundational Care Practices critical to providing the right environment for those living with dementia. They include:

### Medical

- Geriatric Board-certified Medical Director affiliated with University of Nebraska Medical Center
- System oversight by a Chief Medical Officer with 30+ years' experience in family practice medicine
- Licensed nurse on staff 24/7
- Geriatric-certified physical and occupational therapy

### Nutrition

- Family-style dining that meets personal preferences
- Coordination by on-staff Registered Dietitian
- Specialized diets such as modified textures and dementia-appropriate foods
- Cueing and dining assistance provided as needed

### Psychosocial

- Intergenerational engagement and activity programs
- Sense of community through household model
- Social interaction with elders, team members, visitors and volunteers

### Life Enrichment

- Individualized recreation built around the life and accomplishments of the elder including "memory stations" for familiar hobbies and tasks
- Dementia-focused group recreation for those who can participate
- Montessori method in dementia care engages elders in evidence-based programs.
- Oversight by Certified Dementia Practitioners (CDP) and a Certified Montessori Dementia Care Practitioner (CMDCP)
- Hair salon and bath spa located within the Cottage for pampering

### Safety

- Cottage was designed to resemble home with added safety features to maximize independence while ensuring safety
- Call lights in every suite and bathroom trigger silent alarms for assistance
- The fenced courtyard provides outdoor enjoyment in a safe environment – even the plants were selected with safety in mind!





**BEST**  
NURSING HOMES

U.S. News & World Report

SHORT-TERM  
REHABILITATION  
2019-20

## NATIONALLY RECOGNIZED EXPERTS IN DEMENTIA CARE

For more than a decade, Hillcrest has committed time, effort and resources to incorporate evidenced-based interventions and programming that improves quality of life through choice and individuality.

Dr. Anna Fisher, a nationally recognized leader in dementia care, has been Hillcrest's champion for adapting the Montessori method into memory care programming. These care advances helped earn Hillcrest the McKnight's Senior Living Gold Award for Quality in 2018, and Silver Awards for Technology Innovation in 2019 and 2020, to highlight just a few of the national honors we've received.

Dr. Fisher and her team also provide extensive training on Montessori philosophy and practice for the Dimensions Cottage team.

### *Highlights of the Montessori philosophy include:*

- Foundation based in respect and dignity for all human beings
- Prepared environment that supports Montessori philosophy of enabling, empowering and engaging
- Meeting people where they are in the dementia journey to encourage purposeful work and meaningful activities
- Exercising motor skills and muscle memory
- Fostering a sense of belonging, part of a community



**Dimensions**  
MEMORY CARE

## JOIN US FOR THE JOURNEY

The Dementia Journey is often challenging for families as they strive to meet their loved one's needs. We are here to help. Call us today at **(402) 885-7000** to learn more about the area's most innovative skilled nursing setting specifically dedicated to memory care.

**Hillcrest**  
*Country Estates*  
**COTTAGES**

6082 Grand Lodge Ave., Papillion, NE 68133  
**(402) 885-7000**