

Welcome to the Dimensions Cottages!



Dimensions MEMORY CARE



Hillcrest Health & Living 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.

The Dimensions Cottages are 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 Cottages are each home for up to 13 residents 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 residents' 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 35+ years' experience in family practice medicine
- Licensed nurse on staff 24/7

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

Life Enrichment

- Individualized recreation built around the life and accomplishments of the resident including "memory stations" for familiar hobbies and tasks
- Dementia-focused group recreation for those who can participate
- Hair salon and bath spa located within the Cottage for pampering

Safety

- Cottage was designed to resemble home with added 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



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.

Hillcrest's person-centered approach to memory care programming has earned multiple national awards for quality and innovation over the past several years.

The Dimensions care team receives ongoing training on our program's philosophy and care techniques from our highly-experienced Dementia Care Coordinator, who is a Certified Dementia Practitioner (CDP).

Highlights of our person-centered approach:

- Foundation based on respect and dignity for all people
- Prepared environment that enables, empowers and engages memory care residents
- 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



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.



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