



The  
**OPTION GROUP**  
Clear choices. Better care.

## Dementia Specialty Services



Our services are uniquely focused on caregivers who have taken on the responsibility of caring for a loved one with dementia.

- ✓ **Personal Care Coaching**
- ✓ **Approved Training**
- ✓ **Caregiver Support Sessions**
- ✓ **Caregiver Education Sessions**
- ✓ **Virtual Dementia Tour**
- ✓ **Transition Coaching**
- ✓ **Memory Café**
- ✓ **Engagement Activities Program**



**Are you overwhelmed by the responsibilities of your professional life and home life?  
Do you feel stretched thin and stressed by your caretaking duties?**

Family caregivers are compassionate heroes working overtime to help their families. They deserve support and resources to take some of the weight off of their shoulders.

At The Option Group, we honor family caregivers through our work every day. Our family caregiver support programs are just one way we can help you shoulder the responsibilities. Whether investigating a care program or applying for financial assistance, our team provides many options to provide family caregivers the support they need.





## 1. Personalized Care Coaching

A dementia care coach is someone with expertise in effective caregiving practices for people diagnosed with dementia.

This professional recognizes and gives considerable attention to the caregiver's needs while also consulting the person living with dementia identifying interventions and supports to maximize their overall wellbeing.

A dementia coach may provide an assessment of the person diagnosed to determine their current stage, followed by defining person-centered goals that are relevant, practicable, and able to be sustained by care partners. Utilizing strength-based approaches, the Dementia Coach cultivates an environment (either at home or in the residential community) to minimize symptoms or use solutions-oriented methods while helping care partners best understand the disease, reducing stress, anxiety, and guilt.

## **2. Approved Training for Certified Dementia Practitioner (CDP)**

A CDP training provides healthcare professionals who work directly with people living with Alzheimer's or related dementia with specialized training to ensure empathetic, personalized and proficient care.

There is a continuing need for trained professionals to provide the best practice in assisting and understanding people who are living with dementia. After completing this two-day, 14-hour training, participants are one step closer to receiving their Certified Dementia Practitioner (CDP) credential through the National Council for Certified Dementia Practitioners (NCCDP).

## **3. Caregiver Support Sessions**

Experienced peers usually facilitate group sharing sessions. They offer an opportunity to express personal concerns, show empathy, exchange information and feedback to peer groups, and ask questions to gain unique insight, support, and understanding.

## **4. Caregiver Education Sessions**

Presentations focus on various topics relatable and helpful for people in non-professional caregiving roles (adult children, spouses, etc.) Opportunity for Q & A and discussions afterward.

## **5. Virtual Dementia Tour**

A Virtual Dementia Tour (VDT) is the original, ground-breaking, evidence-based, and scientifically proven method of building a greater understanding of dementia. The VDT uses patented sensory tools and instruction based on research conducted by P.K. Beville, M.S., a specialist in geriatrics and the founder of Second Wind Dreams®. During a Virtual Dementia Tour experience, trained facilitators guide participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks and exercises.

The Tour enables caregivers to experience the physical and mental challenges people living with dementia face and use the experience to provide better person-centered care.

## **6. Transition Coaching**

Change can be difficult for every person, including people living with dementia and their care partners.

Designed specifically for residential communities, transition coaching provides step-by-step support for those who are putting their trust in your community. Once the new resident is approved for the move through their healthcare professional and your team, The Option Group connects with care partners and community staff to provide a smooth transition for the new resident. After the move, our service continues for up to 60 days to ensure successful acclimation.

## **7. Memory Café**

The Memory Café offers a group experience for people diagnosed with mild cognitive impairment or early Alzheimer's and related dementia. Individual Memory Cafés focus on each person's different aspects of their unique experience, providing support and understanding while also engaging people in social connections and/or leisure activities. Programs may include games, music, art, peer-to-peer networking presentations from professionals, exercises, or reminiscing. Participants are frequently joined by care partners such as spouses.

## **8. Engagement Activities Program**

A Care Manager will come to your home to provide a tailored activity designed to encourage social interaction and conversation, stimulate cognitive skills, decrease anxiety and depression, and enhance one's quality of life.

These activities incorporate your loved one's interests and abilities and may involve music, games, discovery activities, performing simple household tasks, gentle movement, arts and crafts, reminiscing, and outings.

As the caregiver, you may choose to use this time as a respite or join in the fun so you can offer these activities to your loved one at any time.

If you are not available during our scheduled time, our Care Manager can work closely with your aide so your loved one can successfully enjoy an engagement activity.



**Ellen S. Platt, MEd, CRC, CCM**

*President & Certified Aging Life Care Manager*

**Founded in 2010, The Option Group's  
compassionate team of experienced  
Certified Life Care Managers serves families,  
their loved ones, medical professionals,  
and professional family advisors in  
Maryland, Pennsylvania, and Delaware.**

We understand the challenges of caring for an individual who needs assistance due to aging, dementia, disability, or serious illness.

Our skilled providers possess over 100 years of combined experience navigating the healthcare maze and accessing hundreds of quality resources.



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**[theoptiongroup.net](http://theoptiongroup.net)**

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