

# Memory Care, Commonwealth Senior Living at Williamsburg

Age Requirements

60+

Available 24/7

Yes

Documents Required

Call for details

Other Eligibility Criteria

Seniors.

Intake Contact Email

Williamsburg@commonwealthsl.com

Intake Process

Call or visit the website for information. Call to schedule a tour or an appointment.

Intake Contact Telephone

(757) 564-4433

Provider Refer

Yes

Qualifications

Qualification Type

Licensure

Qualification Entity

Virginia Department of Social Services

Report Problems

Call the Agency

Self Refer

Yes

Commonwealth Senior Living

<https://www.commonwealthsl.com/community/commonwealth-senior-living-at-williams...>

<https://www.commonwealthsl.com/living-options/memory-care/>

<https://www.facebook.com/CommonwealthSeniorLiving>

Main

(757) 564-4433

236 Commons Way  
23185 VA  
United States

#### Additional Availability Comments

Office hours are Monday through Friday.

#### Fee Structure

Fee Range

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#### Call for Information

#### Payment Method(s)

Private Pay

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#### Aid & Attendance

#### Languages Spoken

English

An award-winning program, Sweet Memories™ delivers quality care, support and engagement to our residents living with Alzheimer's disease and other forms of dementia. The program blends the homelike feeling of distinct memory care neighborhoods, personalized care delivered by specially trained caregivers, calm familiarity of routine schedules and consistent staffing with engaging programs and activities.

Sweet Memories™ features four primary components:

- Move-in: From physical to emotional needs, the Commonwealth team helps with every step of the transition from home or hospital to the community.
- The Life Story: The Commonwealth team talks with residents and their families to develop a strong relationship and learns each resident's life story. The Commonwealth team considers residents' medical, mental, emotional, spiritual and intellectual needs, as well as habits and preferences.
- Resident-Centered Care Plan: The team members evaluate each resident and work collaboratively with their family to create a customized care plan to meet specific needs. These person-centered care plans are as individualized as each resident.

- Virtual Dementia Tour® Training: Technology enables caregivers and family members to experience a simulation of the physical and mental challenges that those with dementia face. Team members use the Virtual Dementia Tour® experience to provide better person-centered care.

Sweet Memories™ features signature programs elevate care and enhance the experience of residents including:

- One Sweet Memory: This program is the Winner of the Best Practice Award from the Virginia Assisted Living Association (VALA). The community team members regularly capture highlights of each resident's day in photographs; the photos are then shared with family members, keeping them connected to their loved ones.
- Expressions: As memory loss progresses and verbal skills begin to fail, art can become a means of self-expression for residents. Conversational prompting stimulates memories which residents can interpret using a variety of mediums, including painting.
- Special Touch: Designed specifically for those with memory loss, this program provides "special touches" that make a difference in care. To heighten the dining experience before lunch, residents enjoy citrus-scented towels that awaken tastebuds. Before dinner, lavender-scented towels help residents relax, reinforce their natural circadian rhythms and encouraging them to enjoy their meals.
- Sweet Melodies: For those with later stage dementia who have lost verbal skills, Sweet Melodies stirs memories by using nostalgic music. The team builds personal playlists from conversations with family and by sampling a variety of musical genres.
- SMILE™ Technology: Through SMILE™, families remain connected to their loved one every day. This computer program enables families to see your loved one participating programming and the team regularly shares photos and stories with families.
- Memory Care Life Stations: Specially developed stations help memory care residents reconnect with the past, engaging in familiar or favorite activities. Stations include an office setting, a baby nursery, a kitchen and more.

Sweet Memories™ services and amenities include:

- Healthy, restaurant-style dining options that are easy to eat and meet dietary needs;

- Regular activity schedules that stimulate the mind and body, as well as customized socialization programs that fit the cognitive, social and mental abilities of the resident;
- Open and secure outdoor spaces, such as courtyards, gardens and walking paths;
- Monthly support group meetings for families and loved ones;
- Private or companion suites with private baths;
- Personal care services;
- Medication management;
- Weekly housekeeping and linen services;
- Specially trained team members available 24 hours per day;
- Monthly family night dinners;
- Community newsletter;
- SMILE™ Technology.

Service Area(s)

Hampton City

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James City County

,

Poquoson City

,

Williamsburg City

,

York County

Email

[Williamsburg@commonwealthsl.com](mailto:Williamsburg@commonwealthsl.com)