

Title of Project: Best Friend's Program

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Memories are precious.
But sometimes they fade.
We understand how frustrating that can be.

So we at Hillcrest Home are working with some of our residents to develop The Best Friends Program, where we create a memory book filled with thoughts, dreams, favorite things, and special moments that can be shared by residents, families, and our staff.

It's an idea that is so unique that we have received an Innovation Grant from the Illinois Department of Public Health that will let us utilize the stories we gather for our memory books and integrate it into an internal computer system that will give our staff easy access to this information, resulting in better, more personal care. The Alzheimer's Association feels that improvement in a resident's quality of life can be accomplished with a simple caregiving philosophy: what people with dementia often need most of all is a "best friend," who understands their background, especially the values, attitudes, and traditions that are important to a resident.

If you would like a list of topics and questions we use when interviewing a resident for their memory book contact Mary Bergren at: marybergren@hotmail.com

