

HEALTH MATTERS

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Navigating Memory Support: Lessons Learned from Peconic Landing's Respite Care Program

As we reflect on the inaugural year of Peconic Landing's respite program for memory support, it's an opportunity not only to celebrate our milestones but also to share insights and lessons learned along the way. This new program, available in our award-winning memory support neighborhood Harbor South, provides essential support for individuals living with dementia and their caregivers.

"Peconic Landing offers both respite care in your own home and residential respite care in Harbor South," shared Jennifer Drofenik, Director of Health Services at the community. Harbor South implements a person-centered care philosophy and is the only memory support neighborhood in New

York to be recognized as a Distinguished Provider by Dementia Care Specialists and the Crisis Prevention Institute. "An added benefit of residential respite care is that you can experience the quality of care at Harbor South and get comfortable with the idea of a permanent stay in the future," she added. Respite care in Harbor South is offered for a minimum of two weeks.

One of the key takeaways from our new program is the importance of tailored care and personalized support. Every individual who walks through our doors has a unique story and set of needs. By taking the time to understand each person's background, preferences, and interests, we can create a supportive environment that fosters growth

and successful living.

Drofenik emphasizes the significance of education in the journey of memory support. "Knowledge is power," she says. "Through speaking engagements, support groups, and other outreach initiatives, we aim to empower individuals and families with the information and resources they need to navigate their journey with confidence." Education not only equips caregivers with practical skills but also helps break down stigmas and misconceptions surrounding memory-related challenges.

In addition to education, fostering a sense of community and connection is vital in memory support. Our program provides opportunities for social interaction, engagement in meaningful activities, and peer support. These connections not only enrich the lives of our members but also provide a source of strength and solidarity for caregivers.

As we look to the future, we remain committed to our mission of providing exceptional care and support. Our journey is ongoing, and we are continuously evolving to meet the changing needs of our community. By keeping growth and innovation at the forefront, we can ensure that Harbor South at Peconic Landing remains a beacon of hope for those navigating memory-related challenges.

In closing, we extend our gratitude to all who have been part of this journey – from our dedicated team members to the individuals and families who have entrusted us with their care. Together, we can continue making a meaningful difference in the lives of those we serve.

My husband and I had not enjoyed a vacation together for several years

as I am the sole caretaker for my mom who is 93 and has Alzheimer's.

From the very first phone call [with Peconic Landing], I began to feel relief.

Everyone I dealt with was responsive, warm, and very professional.

Everything about Harbor South was clean and lovely. Thanks to the whole team in the respite program at Peconic Landing, I was able to go on my vacation and thoroughly relax with no worries, knowing my mom was in good hands." – Linda C.

Learn more about Peconic Landing's residential Respite Care at Harbor South for Memory Support by visiting www.peconiclanding.org/respite or by calling the care team at (631) 593-8323.