

A Soldier's New Lease on Life



Before: After serving in the Army during the Korean War, Simon enjoyed a wonderful career as a seventh grade school teacher. Five years ago, he was diagnosed with dementia. His daughter, Kelly, lives nearby and helps out with shopping, cooking, errands and housekeeping. Lately, Kelly has begun to worry about Dad.

He has become increasingly withdrawn and depressed and appears disheveled and much thinner. What really has Kelly worried is that Simon has begun to wander. After a frightening episode where Simon was lost for an entire afternoon, Kelly and her husband have agreed to ask Simon to live with them. There is only one problem: they both have full time jobs.

Clarendon Rx:

The Clarendon team assisted Simon and his family in the following ways:

- Our dementia care professionals provided an initial consultation to evaluate the family's needs and identify local resources
- Enrolled Simon in Clarendon Day Center allowing Kelly to focus on work responsibilities during the week
- Encouraged Simon to take part in regular art and music therapy sessions to facilitate self-expression and communication
- Supported Simon in discussion groups led by our Nurse Practitioner to identify and address emotional needs
- Paired Simon with current clients and supported socialization with peers
- Provided regular haircuts and manicures at Clarendon's salon

Outcome: After three months, Simon's self-esteem has greatly improved. Simon now sees himself as an important part of a community and he volunteers to help others whenever he can. He is more communicative and his mood has consistently improved.

Other improvements include a visibly increased confidence level- he is more at ease and relaxed in his surroundings without a single incident of wandering. Finally, he takes the initiative to seek out pleasurable activities such as spontaneously playing the guitar or inviting a friend for a game of dominoes.

