



Armgard Kucas is the memory care coordinator at The Birches at Newtown. Her true passion is advocating for people living with dementia and educating staff to provide the best care to keep residents as independent as possible while maintaining their dignity. She also facilitates The Birches' monthly support group for family caregivers. Her many certifications include certified dementia care manager, certified dementia practitioner, and certified Alzheimer's disease and dementia care trainer.

Taking a Positive Approach to Memory Care

Teepa Snow, a nationally renowned dementia care specialist, developed the Positive Approach to Care® program that empowers caregivers with practical, hands-on techniques to improve their daily interactions.

Her approach enhances the lives and relationships of those living with brain change by fostering an inclusive global community with a mission to develop awareness, knowledge, and skills with all people that will transform what exists into a more positive dementia care culture.

Snow's ability to understand dementia and recognize that people living with this condition can still enjoy a rewarding life is translated in her GEMS States Model. This classification model differs from commonly used scales by identifying six different brain states and the shifts in skills and abilities a person can experience in any given moment, focusing on the present—not what was lost.

"Just like gems, each person is precious, valuable, and unique, and, given the right setting and care, can shine," she said.

Learning Positive Approach and GEMS® provide care partners with the skills to deliver proper care and support. They can then change their actions accordingly for a better connection and encourage participation in care tasks and activities.

At The Birches at Newtown, our memory care neighborhood, known as Daybreak, has invested in the methodologies of the Positive Approach and GEMS States, constructing person-centered care plans that highlight each resident's current abilities, rather than focusing on what has been lost, helping them experience happy, purposeful moments.

Our care team believes that each resident has a life full of experiences that will always be a part of who they are. Through Snow's teachings, we help our residents shine in a

new way and encourage families to share in-the-moment experiences whenever possible.

For more information about Daybreak and our positive approach to memory care, please call 215-240-4829 or visit www.thebirchesatnewtown.com.

Why choose The Birches?

- **Winner of three national awards** from Caring.com, A Place for Mom® and U.S. News & World Report based on resident and family reviews.
- **FOX Optimal Living** provides all residents with one-on-one or small group fitness classes that focus on strength, flexibility, and balance.
- **Positive Approach to Memory Care** following Teepa Snow's nationally recognized program.

Learn more! Call 215-240-4829 to arrange a visit to our community!



70 Durham Road, Newtown • www.thebirchesatnewtown.com • 215-240-4829

We are an equal opportunity housing provider. We do not discriminate on the basis of race, color, national origin, religion, sex, familial status or disability.

