I Am Me

Celebrating you as an individual and promoting *quality of life*

CraigCare focuses on creating safe, caring, inclusive and purposeful home like environments for those living with dementia. Our services for residents with dementia are delivered in accordance with CraigCare's Dementia Model of Care I AM ME. This is based on Person Centred Care which aligns with CraigCare's values of respect, kindness, individuality, joy, relationships and communities.

- **Individuality** – respect and celebrate each individual, past, present and future person
- **Ability** – promote current and develop potential ability for each individual
- **Motivate** – engage in activities and events to motivate feelings of purpose and connection
- **Memories** – trigger memories to promote inner wellbeing and sense of self
- **Empowerment** – empower to feel in control, valued and safe emotionally and physically

CraigCare's I AM ME dementia program incorporates evidence-based practice from Montessori and Dementia Australia to minimise the impact of dementia. Our program acknowledges and celebrates the individual while promoting quality of life. This means our residents living with dementia make meaningful contributions to their new community and maintain as much independence as possible.

CraigCare's outdoor spaces promote memory stimulation and offer plenty of opportunities for physical activities and continued involvement in lifestyle activities that have always been part of residents' lives. Our residents enjoy life with a sense of purpose and fulfillment every day.

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