## **S**vayus

"Svayus is more than just a program: it is a life style that facilitates positive interactions and direct contact with simulated nature to increase mental health, psychological and spiritual development." "This is my home because I choose to be here, I am comfortable, and the girls are great who take care of me. My favorite thing is that I love not having to cook."

- Marion

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My doctors didn't think that I should live alone anymore, so I came here. Now that I'm here, they take such good care of me. I am so grateful. At home, on my own, I couldn't do things for myself."

Irene

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**Memories of Yesterday to Function Today** 



Svayus is an exclusive function relevant therapeutic

care model based on the theories of perception in action, retro genesis, progressive lowered stress threshold, person environment occupation (PEO), basic ability to function (BATF) and neuroplasticity.

Svayus uses all five traditionally recognized human senses to constitute, modify and direct human behavior, attitude and posture.

- Sight (ophthalmoception)
- Hearing (audioception)
- Taste (gustaoception)
- Smell (olfacoception or olfacception)
- Touch (tactioception)



Svayus is an experience. You have to feel to understand and enjoy it. Happiness comes from discovering who God made us to be, discovering the power he has given us, and putting that power to work for the overall benefit of others.

## Care Plan >>

Svayus believes that the elderly with the Alzheimer's disease's "best ability to function" should drive the design of individual specific care plan.

The objective of the "Program Svayus" is to identify ADL tasks that the elderly can and is able to do. The program is designed to strengthen the existing residual cognition and ADL functions, thereby stimulating the initiation and development of lost functions.

The program identifies functions that are meaningful, purposeful and that influences and assists an elderly to lead a satisfying and fulfilling life within the realm of one's ability.



## Activities >>>

The goal of the Svayus activity program is to stimulate, build and strengthen the building blocks (seven learning areas) to enable an elderly with the Alzheimer's disease to function at their maximum ability and potential, and to experience and enjoy a purposeful and a meaningful relationship with their peers, friends and families.

The program is designed to trigger and stimulate various already learned and acquired building blocks of cognition and activities of daily living function. The program gives the support and preparation, the elderly need to excite and awaken the already existing memories through a series of activities and exercises to work and apply them in various real life applications necessary to enable the elderly to function with dignity.





A Svayus environment entails an artificial virtual sky scape, an outdoor garden with gazebo's and pergola's, natural water falls, suites built like real homes. An artificial virtual ceiling emulates a natural sky scape to foster a routine. The lighting follows the natural day and night light scheme. A routine that conveys a time to wake up, time to carry out basic ADL functions, time to work, time to rest, time to eat, time to play, time to relax and time to sleep. The routine facilitates the normal human physiological clock thus promoting function and well-being. Sky scape triggers slowing of breath rate, relaxation of musculature including spontaneous smiling, marked psychological relaxation, reduction in anxiety levels, increased sense of well-being and refreshed alertness.