

Nexus[®] at Silverado[®]

Nexus, the Latin word for “connection,” is Silverado’s specially designed program to help residents in the early stages of dementia build and maintain cognitive ability.

It is based on a growing body of compelling evidence that lifestyle factors can affect the onset and progression of Alzheimer’s disease.

This program served as a pilot for research by Mette Andresen, PhD, Professor, University College Absalon, Denmark, and National Expert on Dementia research, who has committed to implementing a brain-health program based on the five pillars of Nexus in Danish long-term care facilities.

Nexus at Silverado is an internationally recognized evidence-based brain health program. **This non drug approach has been shown to improve quality of life, cognition and function** for many persons in the earlier stages of living with dementia. In fact, **academic research has validated** that participants in *Nexus at Silverado* showed a statistically significant, **60% improvement in cognition** when compared to those without such treatment.

Industry Leader in Innovation

Five pillars of Nexus at Silverado:

Physical Exercise



Stress Reduction



Cognitive Exercise



Support Groups



Purposeful Social Activities



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Experience Nexus & see firsthand what brain-healthy living is all about! Visit silverado.com/nexus

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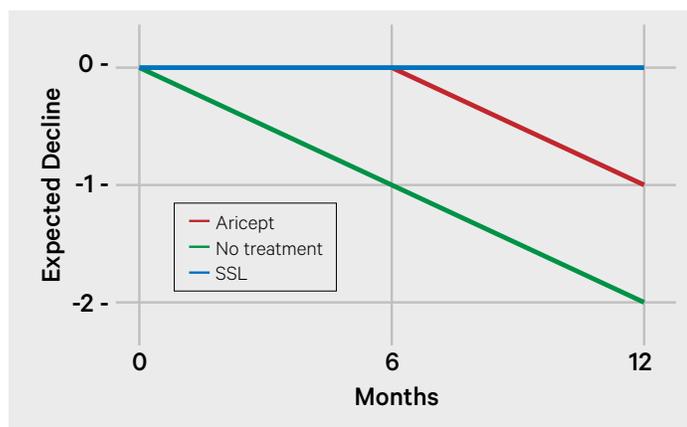
For 23 years Silverado has provided memory care services within a residential care setting with the purpose to change the world in the way memory care services are provided. A strong clinical infrastructure and the commitment to empowering residents to discover their purpose enables an unparalleled quality of life to those living with a memory impairing disease. Furthermore, Silverado has achieved industry leading clinical outcomes with both low transfer rates out to the hospital and improvements in resident's abilities in the basic activities of daily living. The underlying foundation of Silverado is a commitment to normalization, and the reduction of excess disability.

Into that environment Nexus[®] at Silverado was developed in 2014. Nexus, offers specialized programming within five pillars of brain health: physical activity, purposeful social activities, stress reduction, cognitive exercises, and a participant support group for those residents scoring a 15 or greater on the MMSE at baseline. Ongoing regular assessments of cognition, behavior, mood and functional status were performed semiannually on Nexus participants.

The Nexus outcome collection was set up as an evidence linking intervention study to demonstrate the improvements witnessed by those in Silverado's care. Many residents actually improved in cognition and function after moving in to our communities.

- Dr. Mette Andresen, Professor, University College Absalon, Denmark, and National Expert on Dementia Research, and her team reviewed the Nexus outcomes of five Silverado communities and found that those residents showing improvement in cognition or function had all started with a baseline MMSE of 20 or greater. This review was presented at the Alzheimer's Disease International Meeting in Chicago in 2018. Dr. Andresen then piloted a Nexus brain health program in two nursing homes in Denmark with success and is now moving forward to implement the program country-wide. Based on this review, Nexus programming at Silverado is now offered to those with a baseline MMSE score of 20 or above.

Expected MMSE Decline



Silverado has encouraged and invited leading dementia and brain health experts to review the results and data collected and witnessed within its Nexus program.

**For more clinical references,
visit silverado.com/nexus**



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- The Department's of Geriatric Medicine (Dr. Allison Moore's team) and Geriatric Psychiatry (Dr. Steve Huege) at UCSD also reviewed Silverado's full database of assessments on its Nexus residents. The UCSD review was consistent with the National Institute for Health and Clinical Excellence recommendation for Aricept and other cholinesterase inhibitors dosing guidelines. This review demonstrated that residents who entered the Nexus program with an MMSE of 20 or greater and participated for a years time, showed a 60% improvement in cognition when compared to those without such treatment. (N=730 residents met the criteria.)