



Strong memory care includes support group for caregivers

Cognitive changes are part of aging. We're here for residents experiencing these changes, and their families, offering various levels of care as well as expert guidance and support.

One of the key levels of care available at White Horse Village is Four Seasons, which offers specialized memory support services, along with wellness and enrichment programming.

Our team is trained in a Montessori approach that promotes self-esteem and independence. This approach, adapted for senior living by psychologist Cameron Camp, changes the outlook on care. Tailored for those with cognitive impairments, it focuses on abilities rather than limitations and creates individualized plans for each person's interests, talents, and needs.

We also partner with the Alzheimer's Association of Delaware Valley to offer a monthly Caregiver Support Group that is open to residents and the public alike. A representative of the association joins social worker Maria Schultz to share helpful information and provide a forum where people can find emotional support and hear from others in similar situations.

While this support group is offered in partnership with the Alzheimer's Association, it's for those whose loved ones are dealing with any kind of dementia, or going through other changes that leave them in need of extra care. Those who attend don't even need to have a family member in this situation—they may simply want to learn how to better maintain valued connections with a friend, for example.



Maria Schultz

"This is a chance for people to share relatable things that they're going through, and build supportive friendships," Maria says. "Whatever stage their loved ones are in, we're there for support."

If you're interested in attending a meeting or finding out more, or know someone who could benefit, feel free to reach out to Maria at mschultz@whitehorsevillage.org or 610-558-5039. To connect with our team to find out more about Four Seasons, call 610-675-2054.