
WELCOME TO SUNDARA

It's really hard to summarize just how great a home Sundara has been for my mom. We moved her into Sundara last year after trying to keep her in our home but quickly realized we were not going to be able to give her the specialized care she required. Kelli and her fantastic staff have guided, encouraged and helped in too many ways to list.

Knowing your loved one is being cared for by professionals trained to care for their special needs is such a relief. Visiting my mom has become such a joy, we are all able to enjoy her and no longer have the heavy burden of 24/7 care. The staff has always treated my mom with such dignity and respect. I appreciate how they give each resident specialized care, there is no one size fits all approach.

I recommend Sundara to anyone else who has a loved one who needs memory care." Amanda Anders

At Sundara, we know that you have many options when it comes to choosing a memory care facility for you or your loved one. We also know that it can be hard to understand the differences in communities from a simple web page. We want to help you by giving you the facts about Sundara, all in one place.

Sundara was born from a simple question: what would we want for our parents? And our answer was simple – Less. Less confusion, less complication and less cost, so we could focus on the more important and simple things: like delivering the best care by the best staff and the best owners in the business. And working with families instead of taking a corporate approach that tries to fit you into their world.

At Sundara, we don't have fancy brochures showcasing fancy names for activities and meal plans. We believe that great care can't be packaged into a 20- hour weekly program, no matter how fancy the name, and that dinner is still just dinner. Above all, we believed we could make a difference, so we did.



SIZE MATTERS

Research reports that a smaller and more intimate environment, as we have, results in healthier residents with a lower level of anxiety.

Five of the most common causes of anxiety with dementia are:

1. Changes in routine
2. Perceived threats
3. Discomfort or pain
4. Fear and fatigue
5. Change in environment

All of these common causes of anxiety can be difficult to spot, monitor, and avoid when a person with dementia resides in a larger memory care environment, which is often a loud, distracting, and confusing space for everyone involved – from residents to staff.

A compilation of studies published in the National Library of Medicine (NLM) compared traditional long-term care to small-scale living facilities and identified that the physical environment is crucial to the overall well-being of people with dementia and that smaller care facilities are more beneficial for daily life.

Small-scale living facilities are found to give residents with dementia the ability to age in place. Smaller environments diminish agitation and reduce harmful behaviors. Reaching full potential, supporting autonomy, quality of life, well-being, and obtaining a possible level of independence are also indicated as important benefits obtained by residing in smaller memory care facilities.

Source - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6315793/>



ACTIVITIES AT SUNDARA

Texas Health and Human Services require all assisted living communities to provide a minimum of 20 hours of activities. This is the base of where we start building our programs.

BEWARE THE HYPE

While the competitors are creating 'New and Innovative' and even trademarked names for their activity programs, bingo is still bingo and dinner is still dinner. These highly-marketed programs suggest to the consumer that the resident will improve or be cured in some way. This simply is not true. All dementia is progressive and activities are more about the quality of life than remediation. At Sundara, we customize activities according to the population we have. For some, their ability to participate is high, and some only have the ability to listen to a conversation, music, or laughter. Regardless, we seek to find their level of participation and then provide the resident with an activity where they can be successful.

SUNDARA RECOGNIZES OUR RESIDENTS AS ACTIVE PARTICIPANTS IN LIFE, NOT VICTIMS OF A CONDITION.

Our "Life Culture" is one of simple purpose driven activities and programs designed around each resident. Our staff and residents share not only personal care, but meals, activities and programs that are specifically planned to create more comforting routines, and at a level that allows for the success of each resident. This promotes happier and healthier residents with a lower level of anxiety.



THE RHYTHM OF OUR DAYS

Sundara incorporates the most basic of fundamentals of what it means to take care of the mind body and soul, and then...we simplify.

Physical Exercise – Early in our day, our residents will stimulate their bodies daily through multiple disciplines. We incorporate exercise classes from both a standing and seated position. Additional fitness choices are also offered on a regular basis. These choices include, but are not limited to Tai Chi, walking and dancing.

Nutrition – Upon admission, Sundara will discover what each individual prefers to eat and drink. It's our belief that we all eat better when we actually like the choices were given. At Sundara, we take a more interactive approach by incorporating recipes familiar to our residents and include those into our daily menus. At Sundara, we provide fresh, nutritious, appetizing meals prepared with preferences of our residents. (Nutritionist approved)

Social Activities – By design, Sundara's open floor plan lends itself to socialization. Like family in your own home, we live together, dine together and play together. Our Social activities will vary from a spirited card games, helping in the kitchen or celebrating the moment of the day. Our family, in connection with cognitive purposeful activities, provides a sense of well-being and belonging.

Spiritual Support - Sundara will provide weekly on-site spiritual support and fellowship.

Re-direction – The family at Sundara understands the anxiety associated with memory loss and dementia. Residents at Sundara are never told "NO". Sundara practices the art of re-direction, which then allows for a calmer resident and environment. Our years of working side by side with those living with dementia and their families, allow us to offer a level of support that only comes with experience.



Support – Connecting your family with ours. We will stand beside you and your family every step of the way. From admission, transition and managing the process, your family becomes ours. “Sundara Support” is our support group that meets monthly. Although always available, our support group will allow you, your family and others to share your story and journey.

At Sundara, we believe that stimulating the body and mind early in the day is the beginning of a healthy daily life. Providing a calm and relaxing atmosphere in the afternoon helps with anxiety, reduces the effects of “Sun downing” and aids in promoting better sleep patterns at night.

I loved Sundara, and I knew my mom loved it there too.

Every time I would visit she would tell me all the activities she enjoyed doing there and how she enjoyed the staff there. She would go on and on how everyone there was her close friend.

The staff and management are very helpful and they made sure my mom always felt secure and comfortable. Thank you so much to the Sundara team!

-Shelby Brown



FOOD AT SUNDARA

Our approach to food is like everything else we do here, it's resident-centric. While nutrition is clearly important, getting people with dementia to eat is even more important. So our approach is different.

OUR MENUS ARE RESIDENT-CENTRIC

Upon moving in, we collect data from the families and some residents about their food preferences. From there we provide food choices that will encourage them to want to eat.

While the big-box facilities provide a wide range of choices, we design our menus around 16 people daily in each house. Choice is important and we always have a second choice or back-up. However, too many choices for this population can become overwhelming and can cause great anxiety.

- We incorporate their preferences into our daily meals. Everyday.
- We serve culturally and regionally FAMILIAR food.
- We design our menus around the specific people in each house
- We offer an appropriate number of choices to reduce anxiety

FOOD IS MORE THAN JUST FOOD

Food is one of the biggest memory triggers there is. We often pair our menus with the seasons and the theme of the day. For instance, if it's National Cheeseburger Day, you can count on cheeseburgers that day.



"Staff at Sundara have been amazing. They smile and talk to family members, and other staff, as well as their residents. It is owner operated and the owners truly show that they care about the resident well being as well as their physical being and they show it every day.

My mother is Japanese and the one joy she had in life was enjoying the rituals and foods of her culture. **Sundara is the first residence that has embraced her culture difference and been willing to nurture those needs** and it shows in my mothers change.

She smiles again, she communicates again and she is content where she lives again and that is everything for any aging parent who has already been stripped of life when they have dementia.

The icing on the cake though, along with nurturing her emotional needs, is keeping her out of bed and engaged with things she enjoys instead of just parking her wheelchair in a party environment, which she never enjoyed in real life.

They keep her fed, they are excellent at keeping both her and her room clean and cared for, she now gets her medication when she needs it there keeping her hydrated (even making her her favorite Japanese green tea), and they keep her dressed like any normal person."

We also believe strongly in fun food. These are the items we all use to reminisce. It may be a corn dog while talking about the State Fair or PB&J's because we all ate and loved them. So, at Sundara, you will find food that is fresh, familiar and sometimes fun, while also being nutritious and delicious.

The Kitchen is Always Open!

The State of Texas requires us to post meal times so we have those. But in addition to scheduled times to eat 3 meals and 3 snacks a day, at Sundara you can have whatever you want, whenever you want it!

Multiple options for hydration are available 24/7. And best of all, you can smell the cooking all day long. That is something you can't find in another community. Special diets are on a case by case basis.



SUNDARA FAQs

Does Sundara offer end of life care? Yes, with the assistance of Hospice.

Does Sundara accept medicaid/medicare? No. Medicare does not pay for housing. Medicaid is accepted at Nursing Homes.

What type of care is available at Sundara Round Rock? Sundara offers Assisted Living care which encompasses the 5 Activities of Daily Living (Bathing, dressing, toileting, transferring and eating assistance. In addition, we do ALL of the Medication supervision. Sundara Round Rock is Memory Care community only, meaning we specifically provide dementia care. As a memory care facility, we carry two licenses, one for assisted living and one specifically for dementia care.

What is memory care; how is it different from assisted living? All of the residents in the Sundara community have some form of memory loss. In addition, the staff at Sundara is highly trained to take care of dementia residents, assisted living staffing is not.

What are the onsite medical options at Sundara? Sundara is not a medical model, we bring all medical options into the house, including: a house call Doctor, physical therapy, occupational therapy, speech therapy, mobile lab, mobile x-ray, mobile podiatry, mobile dentistry, pharmacy and any medical professional associated with these disciplines.

What are the visiting hours at Sundara Round Rock? At Sundara, we believe there is no such thing as visiting hours in your loved one's community. This is home, not a medical institution. Visitors are always welcome.

Does Sundara have private rooms available? Yes, with private bath and shower.



What are the staff to resident ratios? Sundara provides as many staff members as it takes to provide the services outlined in a resident's service plan: Sundara has a Medication Aide on site 24/7. Depending on the time of day, and our census, our "ratios" fluctuate. When fully occupied (16 residents), between the hours of 7am to 11pm, there are 2 CNA's and 1 Medication Aide. Between the hours of 11pm to 7am there is a CNA in each house and a Medication Aide that floats between each house. In addition to the medical staff there is an Executive Director in each house Monday through Friday. 7am - 11pm M-F

4-16 11pm-7am

M-F 2-16 7am - 11pm

S-S 3-16 11am - 7am S-S 2-16

Are residents allowed to bring their own furniture? Yes, it is expected and encouraged!

Does Sundara allow residents to bring their pets to live with them? No.

What does Sundara's "All Inclusive" fee structure include? Everything except toiletries and briefs (if required). Rent, utilities, three meals a day, three snacks a day, phone, cable, housekeeping, laundry, activities and anything else required for each resident to feel at home.

"Sundara Senior Living has the highest possible recommendation I can provide. After looking diligently for a quality facility for my father, the choice for our family was quite easy once I met with Kelli Hudson.

Kelli explained the process and patiently answered all my questions during our initial meeting. She then had a follow up meeting with my mother, sister, and brother-in-law to completely put them at ease. (after I informed them that this was my first choice)

My father only spent 3 and a half months there. I felt solace in that he was fully cared for until the very end. Sundara also helped our family arrange for Concho Hearts Hospice to assist him during his final few weeks. Their Hospice staff was equally incredible.

If you are needing a place for your loved one that needs high quality memory care, I would definitely suggest you meet with them first. - Joe Delgado



SUNDARA PRICING

Our all-inclusive rates start at \$4,950, with no add-on fees or upcharges, allowing families to budget with certainty. We do not automatically raise prices each year, as other facilities do. Nor do we charge when families and friends join us for meals.

Sundara is 100% committed to providing premium care that real-world families can afford.

Companion Room: \$5,300 per month

Private Room: \$5,800 per month

Deposit: \$500.*Risk Free

Community Fee: \$1,000

Levels of Care: We do not charge more for levels of care

Guest meals: We do not charge extra when family and friends join us for meals. In fact, we encourage it!

Additional housekeeping and laundry services: No additional charges

I HIGHLY RECOMMEND SUNDARA MEMORY CARE FOR YOUR FAMILY MEMBERS DIAGNOSED WITH DEMENTIA. KELLI, PHYLLIS, AND STAFF HAVE CARED FOR THREE OF OUR FAMILY MEMBERS WITH THE UTMOST LOVE, PATIENCE, AND DIGNITY. - KIMBERLY BROWN



GETTING STARTED

Sundara is an owner-operated community. This means you will never find a third party, or a multi-level corporate structure to contend with – just straight talk.

Everyone, including the owners, is actively and directly involved in the well-being of your loved one.

Bottom line...come check us out. Visit with our staff, meet with our owners, and hear from our residents' families about their experience. You'll notice a difference within the first two minutes.

Schedule a no-obligation walkthrough tour with one of the owners: **512-399- 5080** or **info@sundaraliving.com**.

[You can also schedule a tour on our website here.](#)

