

women's senior living

Aravilla in Sarasota

THE AREA'S ONLY ALL-FEMALE MEMORY CARE COMMUNITY



ARAVILLA FOR HER IS LOCATED WITHIN THE ARAVILLA CAMPUS WHICH ALSO OFFERS INDEPENDENT ASSISTED LIVING.



WALLS HAVE ARTWORK FAMILIAR TO THESE RESIDENTS - LIFE MAGAZINE COVERS, '50S MEMORIES AND THE LIKE.

Google “memory care facilities for women” and plenty show up - just none of them are women-centered.

According to the National Institute for Health (NIH) dementia disproportionately affects women including persons living with dementia and caregivers. Almost two thirds of Americans living with Alzheimer's are women.

They go on to say “Person-centered care, rather than disease-focused, is recommended to improve care for affected persons including caregivers.”

Opened this past February, Aravilla for Her and, as the name implies, is designed for women and is very much person-centered.

“Women make up the majority of individuals living with dementia, and they often have specific emotional and social needs that deserve specialized attention,” said Tracy D’Andrea, President of Aravilla Sarasota.

“Aravilla for Her is built around the belief that memory care should do more than support cognitive health. It should protect dignity, foster calm, and honor the life story behind every resident.” Within their campus, which also offers Independent Assisted Living, their dedicated women’s floor has an all female care staff—staff who understand the unique journey of women with dementia.

Arriving on the floor, you don’t see anything resembling a hospital or clinical setting. As you walk the corridor, you pass what look almost like cottages as each unit has its own distinct “homey” look and feel.

There’s soft lighting throughout and the circular layout of the floor means women can easily walk - as many do- all the way around and back to their rooms.



EXTERIORS OF THE ROOMS LOOK LIKE COTTAGES AS EACH UNIT HAS ITS OWN DISTINCT “HOMEY” LOOK AND FEEL.



ROOMS ARE ATTRACTIVELY DECORATED BUT YOU CAN BRING YOUR OWN ITEMS IF YOU LIKE.

Rooms are attractively decorated but you can bring your own items if you like. They utilize the Amba system that gently supports each woman’s well-being through discreet in-suite sensors that monitor patterns like sleep and movement—never cameras or wearables—so staff can respond quickly and thoughtfully if something changes.

The walls have artwork familiar to these residents - Life magazine covers, ‘50s memories and the like. And there’s plenty to do. Tuesday they have non-denominational church services and arts groups like Key

Chorale come and performs for residents.

Walking the corridors there are groups doing chair exercises while another group is having a tea party - complete with fancy hats and a tea service. These thoughtfully designed programs not only help reduce anxiety and restlessness, but also create a strong sense of belonging and sisterhood among residents.

There’s also a “lunch bunch” that heads out for meals with friends or for sight-seeing. “From leisurely walks in beautiful surroundings to engaging local adventures, each trip provides opportunities for social interaction, cognitive stimulation, and physical activity—all of which enhance overall health and well-being,” according to their website.

Activities can be high or low activity levels, but the goal is to have residents out of their rooms. Families are encouraged to

visit and one popular activity is when they offer root beer floats.

And yes, you can spend the rest of your life here if you so wish. They are fully licensed to provide for that.

Music is also a part of the lifestyle at Aravilla. In addition to visiting arts groups, they have musicians performing at meals. “We provide a higher level of specialty care designed to support every woman’s health and dignity. Music often awakens cherished memories, sparking joy and emotional connection, while art, movement, and social activities provide meaningful ways to express individuality,” says their website.

The best way to learn more about Aravilla for Her is to come in for a tour. They offer so much to women needing their services and make the transition as smooth as possible.

ARAVILLA FOR HER

3251 Proctor Rd, Sarasota
Call **941-770-4373** to arrange a tour
Assisted Living Facility License #12551