



ASSISTED
LIVING
by CHARTwell



PERSONALIZED SUPPORT

*Flexibility and choice to design the lifestyle
that reflects your individual needs.*



PEACE OF MIND SUPPORT

Chartwell's Assisted Living program is specially-designed to support individuals who would benefit from daily personalized care to lead a better quality of life. Trained and caring staff are there to ensure your days are spent in comfort and satisfaction, and aim to maximize your independence and peace of mind through convenient and discrete service.

Our goal is to provide purposeful support that caters to your unique needs and lifestyle—empowering you to worry less about the daily complexities you manage and instead focus more on the simple pleasures that bring you happiness.

PERSON-CENTRED APPROACH

“Caring with you.”

Based on the foundation that each person is unique, and therefore has unique personal needs, our Assisted Living Neighbourhoods provide meaningful support that acknowledges you and your family as central care partners. With your direction, our staff can deliver personalized support meant to make your daily routine easier, allowing you to focus on what makes your life better each and every day.

One of the most unique aspects of our program is that it provides you with the flexibility and choice to design a plan of care that best reflects your needs and lifestyle. Our job is to partner with you, your family and any external care providers to decide what services will enhance your experience. Your Assisted Living Manager will act as your support, and will seek to build a meaningful relationship with you based on open communication and collaboration.





THE BENEFITS OF CHARTWELL'S ASSISTED LIVING PROGRAM

Chartwell's Assisted Living program encompasses all aspects of daily life—from support services delivered by friendly staff, to dining options and activities that accommodate different preferences and abilities.

Here are some of the key benefits of our specially-designed program:

PERSONALIZED CARE PLANS

Highly-personalized care plans are a cornerstone of Chartwell's Assisted Living program. Alongside you and your family, we will work together to create a plan that reflects your unique lifestyle. If and when your needs change, you have the flexibility to add or remove services, ensuring we continue to maximize your comfort and overall wellness.

TRAINED, CARING STAFF

In our Assisted Living Neighbourhoods, registered staff are available 24 hours a day to ensure your peace of mind, and are dedicated to fulfilling your unique needs. You will come to know and trust our staff—all of whom are passionate about serving seniors—and they too will come to truly know you. From your preferred routine to what you enjoy for breakfast, getting to know you is a hallmark of our personal approach to service.

LIFE ENRICHMENT ACTIVITIES

The recreational calendar offered in our Assisted Living neighbourhoods includes Chartwell's signature LiveNow programs, as well as monthly entertainment and outings. However, it also features unique activities and outings that are tailored to the specific abilities and preferences of our assisted living residents. Our activities engage the mind and body and instill a sense of purpose and personal satisfaction among participants.

DINING EXPERIENCE

Individuals living in our Assisted Living Neighbourhoods benefit from having their very own dining room, allowing for greater convenience and accessibility. Meals are served by dedicated staff who ensure carefully-prepared dishes are fresh, delicious and nutritious, and that your dining experience is a pleasurable one.

WELLNESS SERVICES

We offer a wide variety of wellness options onsite for your convenience and comfort. Included in the program are individualized exercise and rehabilitation services provided by a physiotherapist, basic foot care by a professional foot care nurse, hand care, and access to a physician or nurse practitioner.

DEMENTIA SUPPORT

All staff working in our Assisted Living Neighbourhoods are provided with dementia-specific training annually, including Gentle Persuasive Approach facilitated by a certified coach. Ongoing training is led by our Assisted Living Managers, who are equipped with the expertise to help those individuals with cognitive impairment live comfortably.

SERVICE OFFERINGS

The following services and amenities are included as part of our Assisted Living package:

PERSONAL SUPPORT & WELLNESS SERVICES

- Cueing and escorting to meals and activities
- Medication management and distribution
- Shower assistance twice weekly
- Regular health assessments every six months
- Nurse call bell system with pendant
- Night checks
- Monthly weight and blood pressure tracking
- Morning and evening support with activities of daily living
- Cueing and supervision for morning and evening routines
- Access to an onsite physician or nurse practitioner
- Physiotherapy (personal and/or group)
- Hand care
- Foot care
- Dedicated staff trained in dementia support and Gentle Persuasive Approach

DINING

- Three meals a day
- Daily features and access to à la carte menu
- Snack services
- Dedicated dining room

HOUSEKEEPING

- Weekly deep-clean of suite
- Daily room refresh, including bed-making
- Two loads of personal laundry per week with 24-hour turnaround
- Weekly linen laundering

RECREATIONAL ACTIVITIES AND PROGRAMS

- Engaging classes, entertainment and outings, including Chartwell's signature LiveNow programming
- Daily activities tailored to abilities and preferences
- Exercise and rehabilitation

THE FOLLOWING SERVICES MAY BE AVAILABLE AT AN ADDITIONAL FEE:

- Beauty services, such as hairdressing
- Spa services
- Advanced medication administration
- Companion services
- Special dietary requirements
- Continence management
- Assistance with support stockings
- Specialty treatments, including CPAPs and oxygen care, catheter, ostomy and skin care
- Assistance with daily personal routine
- Transfer and ambulation assistance
- Other services based on personal consultation with your Assisted Living Manager



ELIGIBILITY FOR CHARTWELL'S ASSISTED LIVING PROGRAM

Chartwell's Assisted Living program is designed to meet the needs of individuals living with physical limitations or mild to moderate cognitive impairment who require assistance with managing daily activities. For complete peace of mind, our Assisted Living Managers carry out assessments of all individuals looking to join the program to ensure their needs can be met safely in our residences.

For further explanation of our program qualifications, please speak with one of our Assisted Living Managers.



EXPERIENCE OUR ASSISTED LIVING NEIGHBOURHOODS!

If you're interested in learning more about Chartwell's Assisted Living program, please reach out to one of our Retirement Living Consultants, who will meet with you and take you and your family for a personalized tour of their Assisted Living Neighbourhood.

[chartwell.com](https://www.chartwell.com)

Retirement Living Consultant:

Phone:
