



Levels of Care

Home Help Services • *Resthaven At Home*

Trained aides help you with different chores around your house, such as cleaning, preparing meals or doing laundry. They also offer personal care such as bathing and dressing. Caretakers for respite and companionship allow families and friends a break from caring for someone unable to care for themselves. Transportation is available along with escorts, if desired.

Home Medical Services • *Resthaven At Home*

Professional nurses coordinate care ordered by your physician, which can include personal care, medical supplies or equipment, and different kinds of therapies (physical, occupational, speech, and psychiatric) to help you recover quickly from an illness or surgery. Often the costs of these services are covered by Medicare or other insurances.

Care Management • *Resthaven At Home*

A Care Manager helps you decide what modifications and services are needed so that you can live safely and happily at home. Together, you, a Professional Care Manager, and often someone from your family create a Care Plan that best fits your lifestyle. The Care Manager then arranges for and monitors those services. We've helped many people stay independent and safe at home.

Independent Living • *The Warm Friend*

Older adults who are able to live without assistance enjoy the security and the social life offered by Independent Living communities like Resthaven's Warm Friend. This community offers extra services to enrich your life, including dining, physical activities, social events, and group outings. You'll find new friendships and many new interests when you join an independent living community.

Assisted Living • *Resthaven Maple Woods*

If you need a helping hand on a daily basis but do not need 24-hour nursing care, assisted living at a place like Resthaven Maple Woods may be a good choice for you. Assisted Living communities offer you exactly the help you need which can include assistance bathing or getting dressed, taking medicine, dining, housekeeping, and laundry.

Alzheimer's/Dementia Memory Support • *Good Shepherd Home at the Resthaven Care Center*

Memory Support Living will help you remain safe and secure, as all work together to maintain memory and enjoy life. The expert staff will assist you with your medications, medical care, therapy, housekeeping, laundry, dining, entertainment, and personal care.

Rehabilitation Services • *Resthaven Care Center*

Several different kinds of in-patient therapies (physical, occupational, and speech) and medical care is expertly offered to speed your recovery from an illness or surgery. A short-term stay includes all of your medical needs, laundry, housekeeping, dining, and personal assistance. At the Resthaven Care Center, we benchmark ourselves against the best rehabilitation centers in the country, so you know you will receive expert medical attention and equally expert care for your mind and spirit.

Long-Term Care • *Resthaven Care Center • Vern & Lois Boersma Cottage*

Nursing homes offer around-the-clock nursing care if you are unable to live on your own. Your medical needs, personal care, laundry, housekeeping, and dining are all included. At Resthaven, hundreds of volunteers and our big-hearted staff members go out of their way to enrich your life with companionship, entertainment, outings, special events, and spiritual care.