

 Westbrook

Assisted Living & Memory Care



*Exceptional Care... Exceptionally Caring...
Exceeding Expectations.*

The Westbrook Experience

The Westbrook assisted living philosophy is simple: getting older means getting better. Every day brings more experiences and insights. Every day adds value and worth to the lives of our residents.

Westbrook offers a residential opportunity for seniors to focus on independence, friendship and fulfillment. The isolation, frustration and dependence that may have influenced our residents before coming to Westbrook have been chased away.

At Westbrook, our residents' horizons grow, not constrict. They are enabled, not hindered. Residence at Westbrook means having assistance so that day-to-day concerns are not burdensome. Westbrook's professionalism and excellence are demonstrated by our willingness to offer a trial residence. We encourage prospective residents to try a month at Westbrook to be sure they will be comfortable and content.

We know that independence and happiness are the keys to making Westbrook a home for our residents. So that they can spend their valuable time enjoying new friends and doing the things they like to do, we provide the following services.

Recreational Activities & Social Programs

Exercise classes, Nintendo Wii contests, computer labs, massages, guest lecturers, entertainment and movies are just a few of the many activities our residents enjoy without leaving home. Field trips, shopping excursions and restaurant outings in our limo are also available.

Personal Care

Our staff is never far away when you need a helping hand. Whether it is help with bathing or getting dressed, we're ready to assist our residents with matters of a personal nature twenty-four hours a day.



A Specialized Memory Care Program

At Westbrook, our distinguished care program is specially designed to reflect our residents' personal interests and encourage a sense of meaning, purpose and success. We have created a unique activity program designed for people, some of whom may have cognitive impairment that may include dementia, who can benefit from an intimate environment and a higher staff ratio. We provide 24-hour supervision, care and programming, complete with a dining area, activity area, outdoor courtyard and amenities.

What you can expect:

- **Personalized care management and assistance with activities of daily living**
- **Medication management**
- **Incontinence management**
- **24-hour personal care**
- **Emergency response security systems**
- **Safe, secure outdoor space**

As an added safety feature, we offer the WanderGuard Alert System.

Medication Management

Sometimes just remembering to take medication is tricky, much less refilling prescriptions. Our staff takes the worry out of the medications that keep our residents well.

Housekeeping & Laundry

Westbrook residents have places to be and things to do. Household chores are not among them. We provide laundry and housekeeping services as needed.

Worship Services

Worship services are celebrated on site by various denominations through the efforts of congregations in the surrounding community. Residents are also encouraged to maintain their existing connections with religious organizations of their own.

Restaurant Style Dining

Three delicious meals are served tableside in our elegant, spacious dining room. Each meal features a selective menu with various entrees. We also offer therapeutic diets for individuals with special nutritional needs. An evening snack is served and the ice cream parlor is open daily.

Also available for our residents' convenience and personal pleasure are:

- Generous floor plan options available
- Respite stays
- Styling Salon *Look Sharp! Our on-site beauty and barber shop means you always look your best. You never know when that special someone will come calling.*
- Massage services *by appointment*
- Podiatry Services *by appointment*
- Visiting Physician Services *by appointment*
- Small Pets allowed

Discover All The Senior Living Choices

Call (419) 209-1100 to arrange a tour, 7 days a week, (manager on duty 7 days a week) or visit our website at www.innatwestbrook.net and discover for yourself the community of care – with all the comforts of home – that's waiting for you at Westbrook.



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PSLGroupLLC.com

When is the right time for Westbrook?

The need to transition to a Westbrook solution is not always easy to recognize or initiate. Maybe forgetfulness is on the rise. Maybe loneliness is a factor. Maybe mobility is impaired and the two-story house isn't practical anymore. Everyone has unique circumstances that must be considered. We stand ready to help you evaluate your situation and plan a more fulfilling lifestyle.

A Bit About Management

The management of Westbrook, which is a privately held company, has owned and operated assisted living facilities since 1972. We are actively involved in the day-to-day operations of each of our facilities and are our residents' strongest advocates.

