

. inspired living and compassionate care .

**REHABILITATION & LONG TERM CARE**



**CARMEL**

HEALTH & LIVING COMMUNITY





A t C a r m e l - L I V E T H E L I F E Y O U D E S E R V E

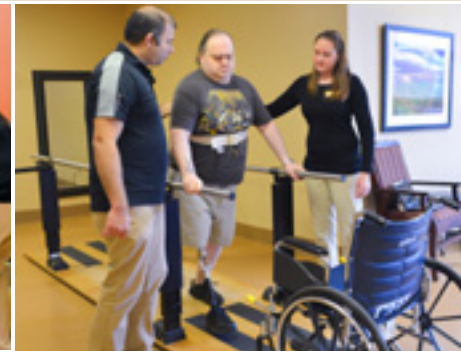
## A TRUE SENSE OF COMMUNITY

As soon as you enter Carmel Health & Living, you will be moved by the beauty and attention to detail... from the lobby to the guest accommodations and every step in between. Your private suite includes private restroom facilities and shower, Internet access, flat screen TVs with DVD players and your own kitchenette. Of course lavish surroundings would mean nothing if it were not for the warm and friendly staff who provide for your needs. The mission of our professional caregivers is to provide long-term care and rehabilitation services with the same warmth you feel when you walk through our doors.

Central to our therapy program is our newly-remodeled therapy gym with over 5,000 square feet of active therapy space, including the latest in treatment technologies and an indoor walking area. While you are here for rehabilitation, our staff will be committed to easing your adjustment by catering to personal needs and preferences. We know how difficult it can be to find alternative care for a patient with dialysis needs so we have partnered with DaVita® to provide an on-site, convenient solution for families. Each guest's care is individually planned by our health care team, the guest and their family.

Our rehabilitation success, combined with our proximity to local hospitals and an affiliation with local physicians of varying specialties, makes Carmel Health & Living the ideal choice in Carmel and surrounding areas.

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## INDEPENDENT LIVING

At The Terrace at Carmel Health & Living Community, you'll enjoy a private, spacious apartment home. With a completely maintenance-free lifestyle, worries about keeping up a home and yard will be a thing of the past. You can take advantage of the many activities at the community, relax in the courtyards, or enjoy yourself at the on-site Pub! Living at The Terrace gives you the time and freedom to pursue the things you most want to do.

### The Terrace Services Include:

- Three meals per day from a selective menu
- All utilities except telephone
- Cable TV included
- Weekly housekeeping services
- Daily trash pick-up
- Interior and exterior maintenance
- 24-hour staff notification system
- Planned social, recreational and cultural events
- Priority access to rehabilitation, skilled nursing and long term care if ever needed

### The Terrace Amenities Include:

- Private apartment homes
- Library
- On-site Pub
- Beauty and Barber Shop
- Convenient, on-site parking
- Outdoor courtyards
- Shopping and restaurants within walking distance
- Complimentary washer and dryer on premises

The Terrace direct line: 317-844-4211

## SPECIALIZED REHABILITATION SERVICES ENHANCE THE RECOVERY PROCESS

Our rehabilitation program is focused on inpatient and outpatient short-term rehabilitation. It is designed for the individual patient who needs temporary assistance following illness or injury. The goal is to bring patients to their highest functional level so they can return home as quickly as possible. Our program gives special attention to a home evaluation in order to coordinate resources for the patient to experience a safe transition home.

### Rehabilitation Services Include:

- Private suites complete with a private restroom and shower, Internet access, flat screen TV with DVD player and kitchenette
- Therapy services available daily as determined by your physician
- Physical and occupational therapies
- Speech and language pathology
- Respiratory therapy
- Intravenous therapy
- Accelerated Care Plus (ACP)
- Post-acute rehabilitative care
- Home transition including community re-integration
- Inpatient and outpatient rehabilitation
- Recreational and therapeutic activities
- Dining and nutritional services
- Social and support services
- Medicare-approved
- Most insurances accepted

www.carmelhealthliving.com

## A TRUE SENSE OF FAMILY

Our focus on family and a comfortable, truly home-like atmosphere is evident in every aspect of our care services – from our progressive rehabilitation environment to the stability and consistency of our long term care program. Our team includes registered nurses, certified nursing assistants and licensed specialists in speech, respiratory, occupational and physical therapies – all of whom understand the healing potential of a kind word and a sincere smile. Family members are encouraged to become involved with each resident's personal care plan.

Established in 1977, CarDon & Associates has more than 30 years of experience in creating exceptional senior lifestyles. Expertise in management and an unparalleled family approach to inspired senior living and compassionate care giving is evident throughout our senior living communities and Health and Living Centers stretching across south-central Indiana.



The CarDon family: Kathy, Stephen, Dan and David

## A TRUE SENSE OF CARE

Carmel Health and Living Community offers comprehensive skilled nursing care for those needing long-term professional care. We have a continued focus on bringing residents to their fullest potential to maximize their quality of life.

### Long-Term Care and Skilled Nursing Services Include:

- Personalized Care Plan in which the resident and the family are directly involved in the plan of care provided
- Home transition including community re-integration and home evaluations to ensure a successful and safe return home
- Ongoing advice and counsel for the resident and family with a focus on wellness and independence
- Long-term, short-term and respite care at skilled and intermediate levels
- Rehabilitation of complex medical conditions
- Hospice care for the terminally ill, emphasizing quality of life to bring family comfort and individualized end of life care
- Selective dining program
- Dental and podiatry services arranged
- Life Enrichment program
- Social and support services including assistance with insurance matters
- Medicare and Medicaid-approved
- Most insurances accepted, along with private pay

For a full list of services, please see our website or call to schedule a tour today.

317-844-4211



**CARMEL**  
HEALTH & LIVING COMMUNITY

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[www.carmelhealthliving.com](http://www.carmelhealthliving.com)