

# Looking for QUALITY assisted living for your loved one?

With so many options for assisted living, how can you feel confident that you're making the right decision? **Use this checklist to compare the assisted living communities in your area.** To help you get started, we've already checked the Seabrook column for you.

	SEABROOK	Name	Name
<b>STRATEGIC BUILDING DESIGN AND SAFETY</b>			
Variety of private studio and one bedroom apartments with modern finishes, full baths, and kitchenettes	✓		
Small, intimate neighborhoods designed with strategically placed sitting areas and nooks	✓		
Building designed with neighborhoods off short hallways that encourage independence in getting to and from meals and activities	✓		
Easy access to outdoor walking paths, gardens, and courtyards	✓		
Medications stored in a locked cabinet in each resident's room encourages independence and creates efficiencies in managing medications	✓		

	SEABROOK	Name	Name
<b>PERSON-CENTERED APPROACH TO CARE</b>			
A holistic assessment is completed for every resident to understand likes, dislikes, desires, and needs	✓		
Interdisciplinary approach looks at residents' physical, spiritual, and emotional needs to create an individualized plan for each resident	✓		
Spacious, family-style kitchen where healthy, tasty foods are available around the clock; a variety of menu options are prepared on-site by a dedicated chef	✓		
Staff and resident interaction allows for the development of close personal relationships that allow each resident to have meaningful moments with their dedicated care associates	✓		
Activities are tailored to match the residents' interests and personal preferences	✓		
Access to all the community's amenities including restaurants, salons, convenience store, activities, and clubs	✓		

## ACCESS TO QUALITY HEALTH CARE

SEABROOK \_\_\_\_\_

Seabrook is part of Erickson Living®, a national network of communities with over 35 years of experience meeting the health and wellness needs of older adults; our track record of superior outcomes makes us one of the nation's most respected names in senior living and health care	✓		
Full-time physicians on campus who are experts in caring for older adults	✓		
Access to inpatient rehabilitation and outpatient services (physical, speech, and occupational therapies)	✓		
Access to special programs to enhance strength and independence	✓		
Several levels of care available in one location to seamlessly manage changes in care needs	✓		
Routine planning meetings allow the resident, family, and care team to partner together in developing the service plan and making adjustments as needs change	✓		

Review your assisted living options, then call **732-643-2060** to request more information or to schedule a visit to Seabrook. Our knowledgeable team is here to help.



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SeabrookCommunity.com

Independent Living  
 Inpatient and Outpatient Rehabilitation  
 Assisted Living | Memory Care | Long-Term Nursing Care