



## Assisted Living and Memory Care Services

# Cares & Services

Our communities provide assisted living and memory care services to seniors 55 plus. We offer a variety of cares that are aimed to keep you as independent and as comfortable as possible.

Our care team is comprised of registered nurses, licensed practical nurses and certified nursing assistants. We also staff cooks that prepare delicious and nutritious meals for our residents and life enrichment coordinators that offer a variety of therapeutic and social activities throughout the day.

Whether you need basic assistance or a more acute level of care we are ready to serve you.

Below is a list of just a few services we provide:

- 24 Hour Supervision (reassurance checks throughout the night)
- Assistance with ADLs (dressing, bathing, grooming, eating)
- Medication Management (setup, administration, ordering, coordination with physician)
- Frequent or complex staff intervention
- Incontinence Management
- Cueing
- 2 person transfers/mechanical lifts

# Comfort First

Our communities are committed to offering the best care possible without sacrificing the comforts you may have enjoyed in your own home. We want you to be as comfortable as possible and we are able to do so by uniquely designing our programming to cater to you individually while offering amenities that are much like what you would have in your own home like warm great rooms, outdoor patios, fireplaces and comfortable dining spaces.



## **Our Commitment To Care**

We believe that a person should be able to choose where they live and receive care, that is why we spend extra time educating our staff, developing specialized care programs and partnering up with outside agencies that focus on various therapies or hospice services. All of these amenities help our residents to be able to live in our communities longer and stay out of more institutionalized settings.

**For more information please visit**  
**<http://www.comfortfirstmn.com>**