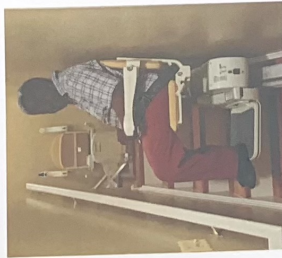


Services & Amenities

Our personnel is dedicated to the passionate care of each of our residents by attention to detail, respect, quality of service delivery and regulatory compliance. In addition to hiring well-trained and experienced personnel, all potential hires are required to obtain a criminal background screening prior to joining our team. Contact us to schedule a tour of our facility to discuss your assisted living needs, as well as an individualized plan of care.



Medical Services At Heal Rest

- Bladder Incontinence Care
- Bowel Incontinence Care
- Diabetes Care
- Catheter Care
- Hospice Care
- End of Life Care
- On-call Registered Nurse
- Overnight staff
- Wound Care
- Assistance With Medication
- Administration
- Ostomy Care
- Feeding Tube Assistance
- On-Site Physician Services
- Dementia & Alzheimer's Care
- Pharmacy Delivery Services
- Level of Care Assessments determined by initial assessment before admission to the facility

Personal Care Services At Heal Rest

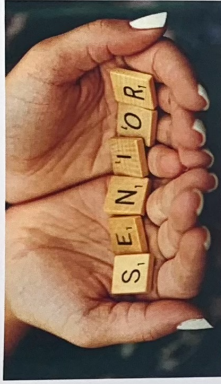
- Individualized Service Plans
- Assistance with Activities of Daily Living (bathing, dressing, grooming and toileting)
- Accommodation of special diets such as diabetic, renal, gluten-free, vegetarian.
- All diet plans are overseen by a registered dietician.
- Arrange/Coordinate Medical Appointments
- Barber/Beauty shop services
- Housekeeping and personal laundry services

Amenities at Heal Rest

- Common use telephone
- Wheelchair ramp and Mobility Transfer Assistance
- Assist Rails
- Transportation Services
- 24hr surveillance

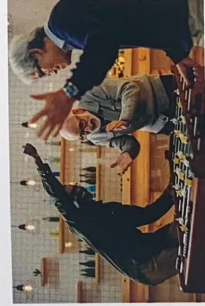
Activities

At Heal Rest, we believe that our residents have earned every bit of their free time. Our activities are designed to be mentally stimulating, thought engaging and fun for our residents.



Activities At Heal Rest

- Regular pool visits at Heal Rest facility, Waldorf
- Visits to National Harbor
- Visits to Washington, D.C. Monuments
- Visits to Museums
- Appropriate mind-stimulating activities and cognitive games
- Book Club
- Water aerobics
- Gardening
- All major holiday celebrations
- Bingo



HEAL REST Assisted Living

A Place to Call Home



ABOUT US

Heal Rest Assisted Living began as a home-based service provider. We helped seniors at home who were unable to care for themselves due to health challenges. After delivering exceptional home-based care services, Heal Rest transitioned to facility-based care for seniors.

As our name suggests, Heal Rest provides a place for your loved ones to live, rejuvenate and maintain healthy living in a peaceful, a calm and a respectful environment. We offer a range of services and requisite activities for seniors who experience difficulties with activities of daily living, or who are unable to care for themselves due to illness or disease. Heal Rest is a place to call home.

Explore our Heal Rest communities in Waldorf and Fort Washington, Maryland. Our communities are designed to foster an environment of kind communication, staff accessibility and response to the level of care needs of each resident. In addition, our facilities are equipped with elegant and latest technology features for comfort and relaxation.

Payments Methods: Private Insurance, Medicaid Waivers, Private Pay, County Subsidy, SSI (Supplemental Security Income)/SSDI (Social Security Disability Insurance)

Office: 301-839-3529

Mobile: 240-495-1464

Email: info@healrestalf.com

Website: www.healrestalf.com

