





**Waverly  
Heights**

## CHECKLIST: What to Look for in Personal Care and Memory Care

Looking for a personal care or memory care community for yourself or someone you love can be a daunting task. It's important to know what to consider when visiting a community. To help you with this, we have created a checklist for you to use during your tours. *Please let us know if there is anything else we can do to assist you.*

<b>COMMUNITIES &gt;&gt;</b>					
<b>OVERALL COMMUNITY</b>					
Landscaped grounds, outdoor gardens, and walking paths	✓				
Located near attractions, shopping, and restaurants	✓				
Full calendar of daily, life-enriching activities	✓				
Friendly residents and compassionate staff	✓				
Fitness center, pool, and wellness classes	✓				
Nonprofit retirement community	✓				
Upscale, restaurant-style dining	✓				
Continuing care services	✓				
Higher-than-average staffing levels	✓				
Maintenance-free living	✓				
Around-the-clock security	✓				
On-site salon	✓				
Complimentary transportation to local appointments	✓				
On-site primary care physicians, specialists, pharmacy, and lab/imaging services	✓				
Home-like environment with 24-hour nursing	✓				

<b>COMMUNITIES &gt;&gt;</b>					
<b>PERSONAL CARE</b>					
Private and spacious suites, including a living room, bathroom, kitchenette, and large walk-in closet	✓				
Assistance with daily tasks, like bathing, dressing, and managing medication	✓				
24/7 experienced and professional nurses and certified nursing assistants	✓				
Access to on-site physical, occupational, and speech therapy services	✓				
Activity calendar includes creative arts, movies, word games, musical events, daily news, and more	✓				
<b>MEMORY CARE</b>					
Private room and bathroom	✓				
Assistance with daily tasks, like bathing, dressing, and managing medication	✓				
24/7 nursing care team specially trained to support older adults living with Alzheimer's or other types of dementia	✓				
Customized, fully structured programming led by recreation, art, and music specialists	✓				
Personalized care plans to meet each resident's individual needs	✓				
Supportive and stimulating environment	✓				

Waverly Heights in Gladwyne, PA, is a nationally accredited, nonprofit Life Plan Community.

For more information, visit [waverlyheights.org](http://waverlyheights.org), or call [610-645-8726](tel:610-645-8726).

**Contact Us**



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