# **AMENITIES**

These amenities contribute to a comfortable and well-rounded living environment, fostering a sense of community and enhancing the overall quality of life for residents in our facility.

- Private & Semi-Private Suites
- Concierge Services
- Kosher Menu Options
- TVs & Internet Access
- Phones Provided
- iPads & Laptops
  Available
- Lounges and Activity Areas
- Full-Service Dining Options
- Pet Therapy
- on-site Assessments
- Housekeeping
  Services
- Soutdoor Courtyards
- Laundry & Linen Services

# **OUR MISSION**

# **Holistic Care**

Provide personalized, integrated care that considers the total well-being of guests and their families, surpassing expectations.

# **Individualized Care**

Foster an empathetic and respectful culture, dedicated to understanding and meeting individual preferences and needs to ensure guests feel at home and achieve optimal health outcomes.

# **Going Beyond**

Demonstrate genuine care by going beyond traditional caregiving, making the well-being of our guests our primary purpose.

# **HEALTHCARE**

**DONE RIGHT** 

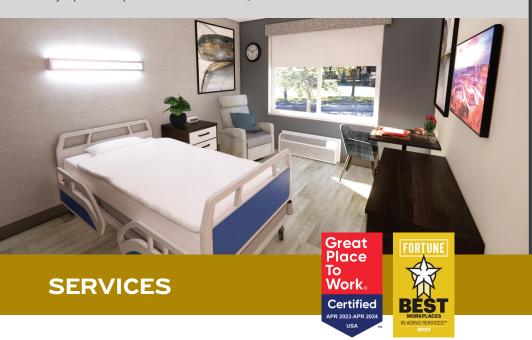
# CITADEL OF NORTHBROOK

3300 Mllwaukee Ave. • Northbrook, IL 60062 (847) 795-9700





Proudly a preferred provider for Northshore/Endeavor Health and Northwestern Medicines.



**Cardiac Rehabilitation** 

Our medically supervised program aids cardiovascular health recovery post-heart attack, addressing conditions like coronary artery disease and heart procedures such as CABG. Personalized care plans, exercise, and education optimize well-being.

### **Stroke Rehabilitation**

With individualized treatment plans, intensive therapy sessions, and holistic care, our program aims to maximize patients' independence and enhance their quality of life. Our certified therapists offer specialized education, adaptive equipment, and technology, ensuring comprehensive support.

#### **Orthopedic Rehabilitation**

Exclusive orthopedic rehab rooms cater to guests recovering from joint replacements or orthopedic surgeries. On-site therapists, available seven days a week, aid in goal achievement, providing personalized assistance and support during follow-up appointments.

## **Pulmonary Rehabilitation**

Designed for lung-related issues, our program combines exercise and education to manage conditions effectively. By reducing shortness of breath and enhancing daily life, we empower guests to cope with their lung diseases confidently.

### **24-Hour Nursing Care**

With staff continually on site, guests can expect exceptional care around the clock. We have trained nurses available for wound care, medication management, complex and bariatric care.

#### **Short-term Rehab**

Ideal for post-surgery recovery, our short-term rehab program maximizes functional capacity, enabling a swift return home. Skilled therapists provide targeted therapies, ensuring a quicker recovery process. Citadel of Northbrook specializes in Pulmonary Rehabilitation with a respiratory therapist on staff to meet your needs.



Designed for lung-related issues, our program combines exercise and education to manage conditions effectively. By reducing shortness of breath and enhancing daily life, we empower guests to cope with their lung diseases confidently.

We don't just offer care for you, We care about you.

### **Respite Stays**

Providing short-term relief for caregivers, our respite care services cater to various care levels, including memory care and skilled nursing. It offers a break for caregivers while ensuring a safe and supportive environment for their loved ones.

## **Hospice Care**

Our specialized hospice care prioritizes comfort and dignity for guests during advanced illnesses, allowing them to embrace each day to the fullest, supported by our compassionate staff.

#### **Palliative Care**

Focused on enhancing quality of life, our palliative care team offers compassionate support, relieving suffering, and respecting guests' values and preferences throughout their disease progression.

#### Alzheimer, Dementia & Memory Support

Experience unparalleled care for individuals with Alzheimer's and related dementias through specially trained staff offering memory loss and socialization. Our holistic services include advanced therapies, stimulating activities, and family support in a secure, home-like atmosphere.

#### **Long-term Care**

Our 24/7 clinical support caters to long-term residents' needs, offering assistance with daily activities, medication management, wound care, and restorative therapies, fostering a supportive and comfortable living environment.

## **Kosher Menu**

In partnership with Kosher restaurants, we offer guests the option of Kosher meals, catering to specific dietary preferences upon request.