

. inspired living and compassionate care .

INDEPENDENT LIVING, ASSISTED LIVING  
REHABILITATION & LONG TERM CARE

Altenheim  
Exceptional Senior Living



the Gardens  
at Altenheim





A t A l t e n h e i m - P L A N T T H E S E E D . . .

## A TRUE SENSE OF COMMUNITY

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Altenheim Senior Living is nestled on 32 beautiful acres in Indianapolis, Indiana. This vibrant community provides residents with the security and assistance they need and the enjoyment and relaxation they deserve. For over 100 years, area residents have chosen Altenheim to live full lives without the cares and concerns associated with owning a home. With both garden homes and residential senior apartments, you will find a style that suits your needs.

At Altenheim, you will also experience rehabilitation and long term care in a charming setting that is unmatched in the area. We know that seniors prefer their independence, and at Altenheim, we have taken steps to ensure you have as much freedom and convenience as you need. Our caring staff will provide comfort and well-rounded care, whether you are coming to us for short-term rehabilitation or for long-term professional care. Please visit our beautiful community when you or a loved one are looking for independent or assisted living, rehabilitation or long term care and see... the Altenheim difference.

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## GARDEN HOMES TO FIT YOUR LIFESTYLE

### The Gardens services and amenities include:

- Spacious 2 and 3-bedroom garden homes with attached garage, walk-in closets and patio
- Washer and dryer
- Central heat and air conditioning
- Complimentary daily breakfast
- Bi-weekly housekeeping
- Lawn and home maintenance
- Snow removal
- Sewer and water fees
- Garbage removal
- Monthly Wellness Clinic
- Emergency response system
- All utilities paid except telephone and cable TV
- Scheduled transportation for outings and medical appointments
- Access to social, cultural and educational programs and activities

For a full list of Independent Living services, please visit our website or call to schedule a tour today.

## RESIDENTIAL APARTMENTS FOR INDEPENDENT & ASSISTED LIVING

### Residential services and amenities include:

- Private apartment homes including microwave and small refrigerator
- Three meals per day served restaurant style in our dining room
- Nursing service available 24-hours per day, 7 days a week
- 24-hour emergency call service
- Weekly housekeeping and flat linen service
- Complimentary laundry facilities
- Transportation to scheduled events and activities
- All utilities except telephone (includes cable TV)
- Daily social events and programs
- Individualized assessment and development of personalized care plan as needed
- Monthly Wellness Clinic
- On-site health care clinic
- Beauty and barber shop
- Recreation room with full kitchen for dining and special parties
- Gift shop
- Carports available for an additional fee
- Sun room and lounges throughout the campus

For a full list of Residential services, please visit our website or call to schedule a tour today.

[www.altenheimseniorliving.com](http://www.altenheimseniorliving.com)

## A TRUE SENSE OF FAMILY

At Altenheim, our focus is on family and a comfortable, home-like atmosphere. You will find evidence of this caring attitude in all our programs from independent and assisted living to our progressive rehabilitation services and the stability and consistency of our long term care program. Our team includes registered nurses, certified nursing assistants and licensed specialists in speech, respiratory, occupational and physical therapies. To complement their medical knowledge, all of our personnel understand the healing potential of a kind word and a sincere smile. We encourage family members to become involved with each resident's personal care plan.

Established in 1977, CarDon & Associates has more than 35 years of experience in creating exceptional senior lifestyles. Expertise in management and an unparalleled family approach to inspired senior living and compassionate care giving is evident throughout our senior living communities and Health and Living Centers stretching across south-central Indiana.



The CarDon family: Kathy, Stephen, Dan and David

## SPECIALIZED REHABILITATION SERVICES TAILORED TO FIT YOUR NEEDS

At Altenheim our rehabilitation program is focused on inpatient and outpatient short-term rehabilitation. It is designed for the individual patient who needs temporary assistance following illness or injury. The goal is to bring patients to their highest functional level so they can return home as quickly as possible.

Our program gives special attention to a home evaluation in order to coordinate resources for the patient to experience a safe transition home.

### Rehabilitation services include:

- Physical and occupational therapies
- Speech and language pathology
- Respiratory therapy
- Accelerated Care Plus (ACP)
- VitalStim for swallowing impairments
- Post-acute rehabilitative care
- Home transition program including community re-integration and home evaluations to ensure a successful and safe return home
- Inpatient and outpatient rehabilitation
- A variety of private and semi-private suites available
- Recreational and therapeutic activities
- Dining and nutritional services
- Social and support services
- Medicare-approved
- Most insurance accepted

For a full list of Rehabilitation and Long Term Care services, please visit our website or call to schedule a tour today.

317-788-4261



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