What is Assisted Living?

Assisted Living is a residential lifestyle and personal assistance program that provides a multitude of benefits to those who need help living independently. Because it is a residence designed for comfort and security with 24-hour personal assistance and other helpful services and amenities, an Assisted Living community increases the quality of a resident’s safety, health, happiness and autonomy. These benefits extend to the families of Assisted Living residents as well.

Assisted Living is not merely a new place to live; it is a safer and more stimulating place to live. Canterfield is not just a place where residents receive assistance; it is a place where residents receive assistance that is respectful of their sense of independence, self-worth and dignity. Our Assisted Living is not just a different lifestyle; it is a better quality of lifestyle because it enables residents to lead happier, healthier lives.

Moreover, the full benefits of this lifestyle cannot be duplicated by in-home help, and they cannot be recreated in an institutional setting. In general older adults will thrive in our setting. There’s nothing else quite like Canterfield of Oak Ridge, and more importantly, there are few Assisted Living programs equal to what is offered at our community.
A New Class of Assisted Living

The lifestyle offered by Canterfield of Oak Ridge is like no other. From the beginning, Canterfield founders wanted to emphasize emotional, spiritual, mental and physical health for every resident. Residents and their families select Canterfield of Oak Ridge because of its refined personal concern of every employee, attention to detail, and enhanced social programs. Please read on to learn more about Canterfield of Oak Ridge. Take a tour and talk with the staff, then you decide. We think you’ll agree – Canterfield of Oak Ridge is a new class of Retirement and Assisted Living. At Canterfield of Oak Ridge, we instill devoted attention to the quality and enjoyment of our residents’ lifestyle.

A multitude of activities:
The meaningful and engaging activities at Canterfield of Oak Ridge generate whole-hearted participation. It’s no wonder that this results in increased mental and physical well-being for those involved. Take a peek at a few of the programs and classes occurring regularly at Canterfield of Oak Ridge:

Amenities

- Resident Volunteer Program
- Weekly “About Town” Excursions
- Therapeutic Exercise Class
- Residents’ Choice Arts & Crafts Projects
- Resident Council
- Cinema Buffs
- Neighborhood Game Day
- Scheduled Speakers
- Weekly T.G.I.F. Entertainment
- Creative Movements Exercise Class
Endless Choices for Personal Growth

Canterfield of Oak Ridge’s enriched Retirement and Assisted Living lifestyle is experienced through the quality of its special private residences and 24-hour personal assistance, as well as its numerous personalized services and amenities. With the monthly fee, Canterfield provides each resident with:

**Peace of Mind**

- Light to moderate assistance with bathing, dressing and grooming
- Medication oversight, prescription refill ordering
- Immediate staff assistance 24-hours a day, 365 days a year
- Monthly health evaluations by Canterfield’s Director of Resident Care
- Security provided by around-the-clock staffing, video monitoring and emergency call systems
- Transportation to medical appointments twice per week, within a five mile radius of Canterfield of Oak Ridge.
Comprehensive Security

Residents’ physical safety is the catalyst for Canterfield’s comprehensive security program. The physical effects of aging pose potential personal safety problems for older adults; resident safety is of the utmost importance at Canterfield of Oak Ridge. At the forefront of our security program is the inconspicuous monitoring and response setup.

While maintaining resident privacy, this unobtrusive state-of-the-art computerized network of wireless security communicators and mobile personal transmitters enables the staff to immediately attend to a resident’s needs, regardless of when or where they are.

Easy Living

- A choice of residence floor plans, based on availability
- Interior maintenance of all provided appliances, devices and surfaces in each residence
- Weekly housekeeping service and trash removal
- Weekly laundry service which includes personal and linen laundry
- Utilities
- Three meals a day, plus snacks and beverages as desired
More Than Just Blood Pressure Checks

Physical assessments play a regular role in the Canterfield of Oak Ridge Wellness Program. During this evaluation, each Canterfield resident may receive sensory, skin, weight, psycho/social, blood pressure and vital assessments from our Director of Resident Care.

The Director of Resident Care also performs a stride and balance evaluation, which is part of the Falls Prevention Program. The Canterfield Wellness Program draws from the area’s extensive medical community for health and well being related classes and workshops. In addition, strength training is offered at Canterfield of Oak Ridge’s Health Club. Wellness is an integral part of the Canterfield lifestyle, a concept that the residents (and their families) expect and appreciate.
To meet the changing needs of our residents, Canterfield of Oak Ridge offers memory care services on campus in addition to our assisted living care. Our team of talented, compassionate nurses and personal care staff provide care 24 hours a day, seven days a week. Our memory care model promotes continuity of our caregivers which promotes familiarity and reassures our residents.

Canterfield of Oak Ridge residents appreciate that our assisted living community and Methodist Medical Center are within close proximity to each other, which gives the resident and their family Peace of Mind in case of an emergency medical situation.

Our team will design a personalized service plan with each resident who receives assisted living services. Care will be coordinated to include a full range of home health, physician and rehabilitation services, allowing residents to remain in the new home they’ve grown to love.
It doesn’t get any better than Canterfield of Oak Ridge

Canterfield of Oak Ridge offers everything one needs in a Retirement and Assisted Living program and then some. Concern for the total person has led Canterfield of Oak Ridge to enrich every facet of its community, taking the entirety of the senior lifestyle to new heights. At Canterfield of Oak Ridge, we take pride in the fact that our residents are enjoying the best program assisted living has to offer. Canterfield of Oak Ridge is a new class of Assisted Living.