

## About Tendercare Alpena Health and Rehab Center

Tendercare Alpena Health and Rehab Center is a leading provider of short-term rehabilitation solutions and long-term skilled nursing care. With our full continuum of services, we offer care focused around each individual in today's ever-changing healthcare environment.

For more information about our services or to arrange a personal tour, please call 989.356.2194.



## *Tendercare Alpena* HEALTH AND REHAB CENTER

### Tendercare Alpena Health and Rehab Center

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This center does not discriminate in access to or provision of services.

Part of the  
**EXTENDICARE**<sup>®</sup>  
Family

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

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Respite  
For The Times **Care**  
You Need  
To Be Away

A Temporary Home Away From Home.

*...helping people live better*

## A Temporary Home Away From Home

Caregivers face many challenges and can easily neglect their own health and well-being when they are involved with their loved one's needs. And while no one can care for your loved one like you do, it helps to know that there is a safe, active and supportive environment that can take the pressure off you. Our Respite Care program strives to offer complete, unconditional support for you and your family by providing short-term, temporary care to give you a break from the daily routine of caregiving. Whether you want to take a family vacation, or just a few days of time off, we can customize a schedule to meet you and your loved one's needs.

## The Benefits of Respite Care

Respite care is essential for all caregivers, especially to relieve stress and prevent burnout. By using respite care, you can support and strengthen your ability to continue taking care of your loved one...and yourself! The benefits of respite care include the following:

- Relaxation: Families can relax, gain peace of mind and renew their energy.
- Stability: Respite care can improve your family's ability to cope with daily responsibilities.
- Involvement: Your loved one can become involved in group activities and be less isolated.
- Enrichment: Respite care makes it possible for your loved one to enhance their own growth and development.

## Our Team Approach

Our team of healthcare professionals is committed to making sure your loved one is given the same level of care they are used to, within a warm, safe, home-like atmosphere. We are proud to offer the following:

- 24-hour nursing care
- Rehabilitation therapy services
- Secure and safe environment
- Social activities
- Religious gatherings
- Delicious meals

## Helping People Live Better

By enrolling in our Respite Care Program, you are given the time to relax and rejuvenate while your loved one receives the comfort and care they deserve. All of our residents, whether temporary or long term, are treated by a specially trained healthcare team that is here to help. We will do all we can to guarantee your loved one feels respected and supported, because they are what matters most.



A 10% discount on the room and board rate shall be given to private pay admissions that qualify under a respite stay if applicable.

**For more information about how our Respite Care Program can benefit you and your loved one, please call 989.356.2194.**