

# enhanced well-being

Independence Court of Monroeville is conveniently located in a suburban setting just outside of Pittsburgh, PA. You will discover peace of mind when you experience our amenities and services dedicated to supporting our seniors' independence and overall well-being.



279 Center Rd,  
Monroeville, PA 15146



(412) 373-3030



[independencecourt.com](http://independencecourt.com)



[facebook.com/ICMonroeville](https://facebook.com/ICMonroeville)

## Independence Court of Monroeville

Enhanced Personal Care &  
Memory Care Community



**INDEPENDENCE  
COURT**

# Care Services

## ENHANCED PERSONAL CARE & MEMORY CARE

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Independence Court believes overall wellness is important at every stage of life. Our services enhance a person's well-being and independence. We start with an initial health assessment and reassess regularly, or as needed. From the assessment, we develop a tailored plan of care.



## AMENITIES

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In addition to care, our community has the amenities to offer a vibrant lifestyle for our residents.

- 3-Home cooked meals per day, alternative choices, plus snacks
- Life Enrichment classes, entertainment, and outings
- Daily Exercise Classes
- Recreational & Social Events
- Weekly Housekeeping and Linen Services
- Emergency Call System
- Transportation to appointments

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**We work with the resident, family, and medical professionals to create a tailored plan of care.**

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## TAILORED CARE

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Each plan of care is unique for each resident and may include help with activities of daily life (ADL) such as:

- Bathing and Dressing
- Hygiene and cleanliness
- Contenance
- Medication management
- Dietary Over Sight



# LIFE IS THE JOURNEY WHERE WE CONNECT TO ONE ANOTHER

## MEMORY CARE PROGRAMMING:



Our Along the Journey program was created not only for our seniors with cognitive impairments, but also as a way to develop relationships between families and caregivers. A successful transition involves supporting the resident in their new environment and being a resource for the family.



Call Us: (412) 373-3030



## GOALS OF PERSON-CENTERED CARE

- Provide care based on resident's abilities and needs, with respect to the individual's culture and preferences.
- Help staff and family act as care partners with residents
- Achieve optimal resident functioning that meets the highest quality of life possible
- Be a resource and provide support to families, staff and other residents



## USING A HOLISTIC APPROACH

From staying well-hydrated to socially interactive, we build a structured daily plan unique to each resident's overall wellness.

### SAFETY

Safety is #1 for all residents and staff. When our residents are safe, we are able to provide the necessary care and lifestyle choices to support their independence and dignity.

### QUALITY CARE

Quality care starts with well-trained employees. Dementia-specific training is done throughout the year and consistent staffing helps residents feel comfortable and confident during their care.

### ACTIVITIES & SOCIAL ENGAGEMENT

Activities are used to help reduce agitation and improve mood. Activities are available at any time and encourage social interaction. Outcomes are focused on enjoyment and not achievement. Families are invited to join in with residents.