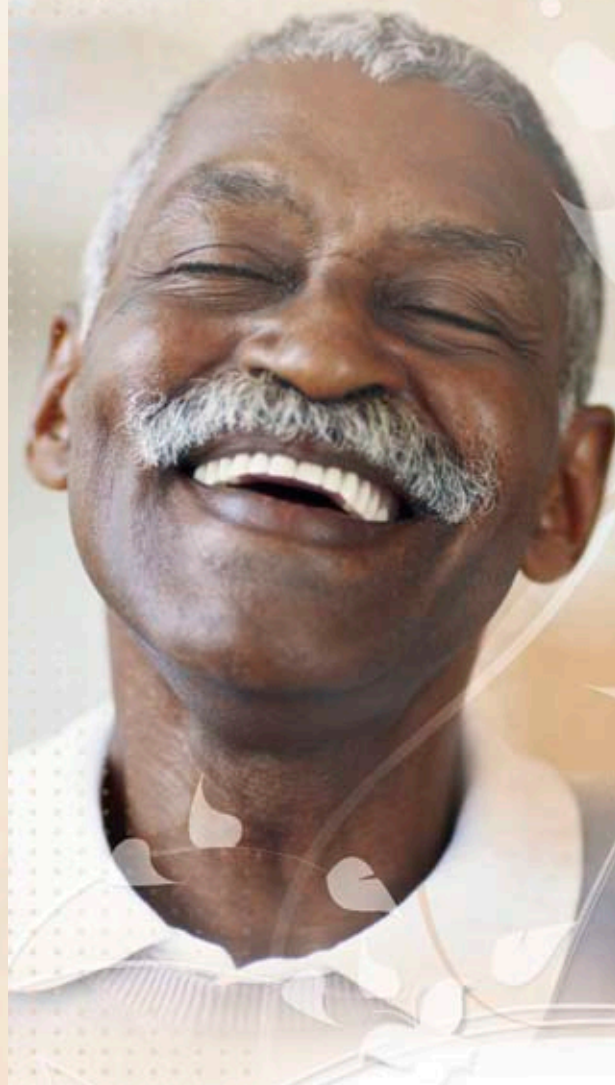
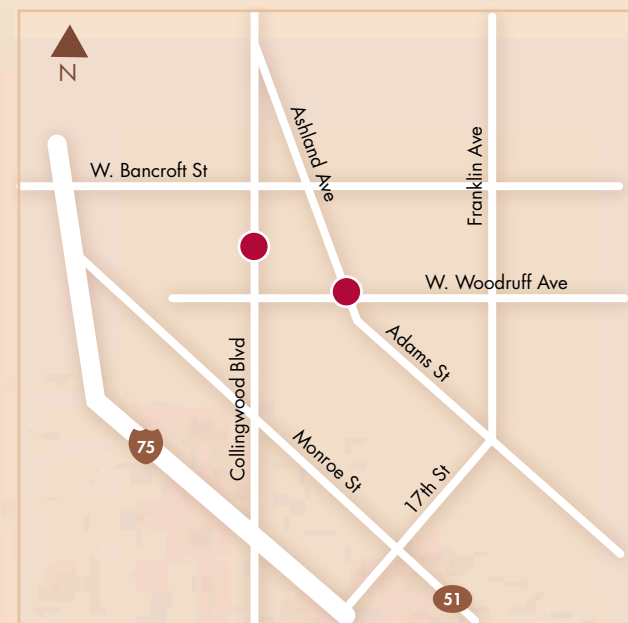


# The *Right* choice

## AN OVERVIEW OF BEHAVIORAL HEALTH CARE

*We are* a real community—devoted to compassion for one another. Here we embrace residents as family and they, in turn, reward us with their sounds of laughter and bright smiles.



## Making the *Right* choice

Life is unpredictable. People change. Circumstances evolve. Nothing stays the same. It's easy to see how the simple act of living can become overwhelming, and challenge a person's ability to cope. When that person is a loved one, nothing is more difficult than watching them struggle.

It's good to know there is a place where you can turn for help when a loved one has a mental impairment... where genuine care, compassion and respect are our values...where the staff is focused on helping residents to attain their full potential... and where providing them the warmth of a family environment is simply how we do things.

At Liberty Nursing Center of Toledo, you will find that we are committed to promoting the dignity and well being of all who come to live with us. We

invite you to visit and discover how we may be the right choice for your loved one and your family.

### Compassionate, comprehensive care

Whether your loved one is dealing with Alzheimer's disease or another type of mental impairment, we provide specialized care for residents of all ages in our mental health communities, *Horizons*. Our comprehensive approach to well being focuses on your loved one's needs for professional treatment, social interaction, personal responsibility, medication management and education, and recreation.



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BECAUSE EACH INDIVIDUAL IS *Unique*



No two residents of Liberty Nursing Center of Toledo are alike. But they all deserve the best care we can provide. We believe that each resident should receive individualized treatment to achieve the highest level of physical, mental and emotional well being. Our staff is trained to recognize and respect each resident's uniqueness. They work creatively with each resident to help them maximize their potential to live as independently as possible.



Life is ever changing. We would like to be your guide along the way.

## Meeting residents' needs

### A warm, nurturing family

*Horizons* at Liberty represents two distinct – and separate – units that specialize in the treatment of people living with mental impairments. We offer comprehensive, compassionate care for adult residents of all ages, no matter what their need—from help with the activities of daily living, to treatment for behavioral, physical and/or cognitive disabilities, to supervised administration of medications. You'll take comfort in knowing that your loved one is receiving care in a nurturing environment.

### Tailored care plans

A tailored care plan will be developed for your loved one upon arrival in our community. Each new resident is assessed by a team of professionals. We encourage family involvement in this process as well.

In addition to receiving direct psychological and psychiatric services where needed, our residents are constantly monitored to note changes in their psychiatric, emotional and medical status. A neuro-psychologist consults with nurses to track residents' behaviors and adjust medication regimens if it's warranted.

If the care plan calls for it, your loved one may make use of the occupational, speech and physical therapies available at Liberty. One of the reasons for our success at Liberty is that we care for the whole person.

### A caring, qualified staff

Quality care starts with our dedicated, specially trained staff. They work closely with the psychiatrist and our community's mental healthcare professionals to maximize each resident's potential to live as independently as possible. As the primary caregivers, they provide the daily encouragement and direction that helps residents find emotional equilibrium.

We have found that consistency is critical in the care of residents with mental impairments. Stability leads to feelings of security, and that makes all the difference. The average tenure of our staff is 15-20 years, an amazing statistic among today's mental health workers. Our community offers you peace of mind in knowing that your loved one is surrounded by a warm, familiar extended family that cares about their well being.

### Behavioral and emotional health

Our staff will work daily to encourage the personal growth and responsibility of your loved one. We support our residents in their effort to develop mature behaviors that will improve their potential to live as independently as possible. Because medication is a vital tool in this effort, we take steps to promote medication management and educa-

tion as dimensions of personal responsibility.

As part of Liberty's commitment to the continuous improvement of every aspect of resident care, we have brought together an advisory board of local mental health care professionals to provide direction, education and support in the development of our well-rounded behavioral program.

### Recreation and activities

Opportunities for social interaction are necessary for our residents to realize their potential for independent living. We stress activities that will help your loved one connect with other residents in a friendly environment. Live entertainment, cards, games, current events discussions, crafts and other social events are important for sparking conversations and sharing good times. While meals in our dining room help to ensure proper nutrition, exercise programs provide for physical fitness.

