

# Chartwell's Lifestyle & Care Options in Québec

Are you wondering what living options are available in Chartwell retirement residences in Québec? Let's explore what may be the best fit for you or a loved one!



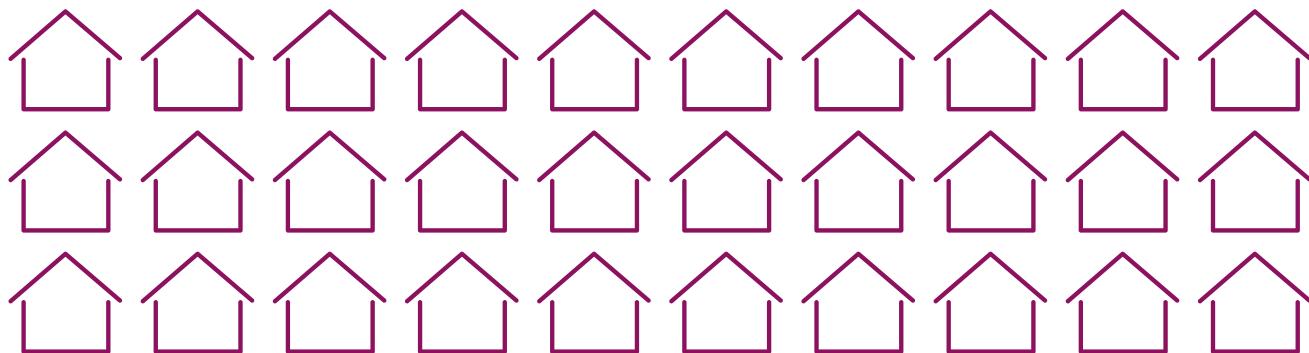
- Delicious and nutritious dining
- Housekeeping and laundry service
- Transportation services
- Activities, classes, and outings
- 24/7 access to staff on-site

	<b>Who is the right fit?</b>	<b>What are the benefits or services?</b>	<b>What is the accommodation like?</b>
<b>Independent LIVING</b>	Active older adults and downsizers who want à la carte service options and a social, fulfilling lifestyle.	<ul style="list-style-type: none"><li>Maintenance-free lifestyle</li><li>Quiet, social community of like-minded people</li><li>Staff available 24/7</li><li>À la carte services like meal packages, housekeeping, and transportation</li></ul>	Our independent living apartments <b>come in all designs and sizes</b> depending on the residence—studio, 3½, 4½ and even 5½ layouts!

## Is care support available?

We can help you navigate your care options, which—depending on your residence—**may be available through Chartwell, government-funded home care services (ex: CLSC), or private-pay agencies.**

<b>Assisted LIVING</b>	Seniors who are managing care needs or mobility challenges and want a service package and access to flexible care support.	<ul style="list-style-type: none"><li>Medication management</li><li>Assistance with morning or evening routine</li><li>Escort to meals and activities</li><li>Personalized care options</li></ul>	Depending on the residence, our assisted living suites may be found on <b>designated floors of the retirement community</b> —warm and welcoming settings where you can also benefit from dedicated dining rooms, lounges, and outdoor spaces.
<b>Secured Care UNITS</b>	Seniors living with dementia or Alzheimer's who require specialized care and support.	<ul style="list-style-type: none"><li>Unique person-centred approach to care and staff training</li><li>High staff-to-resident ratio</li><li>Specialized dining and activities</li><li>Memory care services like cueing assistance or an escort to meals</li></ul>	Our secured care units are <b>dedicated, welcoming settings within Chartwell residences</b> where trained care staff are close at hand. They often feature their own dining and activity spaces too.



With many **residences across the province**, we likely have a Chartwell near you that will be the right fit for you or a loved one. Contact us today for guidance on the senior living choices in your neighbourhood!