

# 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!

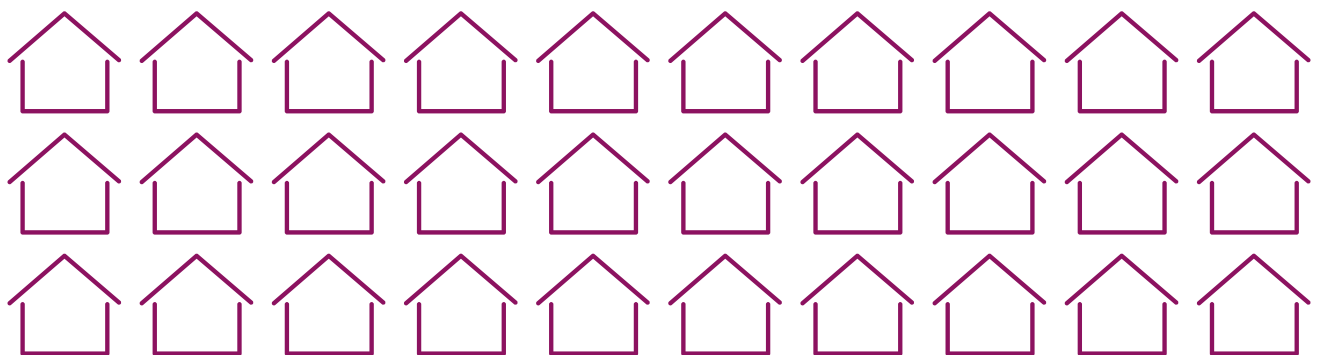


*It's home,  
with benefits*

No matter what lifestyle option you choose, in a Chartwell residence you'll benefit from these **included or optional (\$)** services:

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

	Who is the right fit?	What are the benefits or services?	What is the accommodation like?
<i>Independent</i> LIVING	<b>Active older adults and downsizers</b> 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, 3 <sup>1/2</sup> , 4 <sup>1/2</sup> and even 5 <sup>1/2</sup> layouts!
<p><b>Is care support available?</b></p> <p>We can help you navigate your care options, which—depending on your residence—<b>may be available through Chartwell, government-funded home care services</b> (ex: CLSC), or <b>private-pay agencies</b>.</p>			
<i>Assisted</i> LIVING	<b>Seniors who are managing care needs or mobility challenges</b> 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.
<i>Secured Care</i> UNITS	<b>Seniors living with dementia or Alzheimer's</b> 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 almost **40 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!