



For more information about The Homestead at Rochester or to schedule a tour, please call 507.535.2000 or visit www.thehomesteadatrochester.org.

**The Homestead at Rochester—
A Senior Living and Care Community**

The Homestead at Rochester is a community filled with possibilities. Here you'll find a rural ease and sensibility, combined with the convenience and inspiration of a thriving, vibrant neighborhood.

At The Homestead at Rochester, you can take comfort in knowing your needs can be met today, and tomorrow, through an exciting array of thoughtfully planned living choices and amenities.

Living and Care Choices

- Spacious, well-appointed independent living apartments
- Thoughtfully designed assisted living apartments
- Private, nurturing memory-support residences
- State-of-the-art care center offering short-term rehabilitation, long-term care and specialized memory support

At The Homestead at Rochester, your home includes more than your individual residence and extends well beyond your front door.

Community Attractions

- Café
- Market
- Fitness center
- Rehabilitation clinic
- Library, computer and fax
- Complimentary Wi-Fi
- Restaurant-style dining
- Beauty and barber shop
- Clubroom
- Card and billiard parlor
- Guest suite
- Chapel and community room
- Workshop
- Garden plots
- Walking trail

The Homestead at Rochester is a smoke-free community.



ROCHESTER REHABILITATION & LIVING CENTER
The Homestead at Rochester • A Senior Living and Care Community



**The Homestead at Rochester
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1900 Ballington Boulevard NW
Rochester, MN 55901
507.535.2000
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The Homestead at Rochester is a Volunteers of America community. Founded in 1896, Volunteers of America is a national, nonprofit, faith-based organization dedicated to helping those in need live healthy, safe and productive lives. Through hundreds of human service programs, including housing and health care, Volunteers of America touches the lives of more than 2 million people each year.





ROCHESTER REHABILITATION & LIVING CENTER

Short-term Rehabilitation

Your journey toward better health after surgery, illness or injury may just be beginning. When you choose specialist-led, clinically advanced therapy and health care within Rochester Rehabilitation and Living Center, you'll find what seems like a challenge becomes our shared goal: attaining your highest levels of health and independence, safely, successfully and as quickly as possible.

Optimal Care and Innovative Technology

Specially trained nurses, therapists, social workers and other professionals at Rochester Rehabilitation and Living Center offer Optimal Care, a specialty team approach to providing personalized therapy and health care that helps you regain target levels of strength, mobility, independence and wellness. In collaboration with your physician, your Optimal Care team assesses your distinct needs, and relies on your input to help them develop individualized therapy goals and a care plan designed to strengthen you. In addition to supporting you in rehab therapy regimes, your team is dedicated to nurturing your positive emotional health as your work toward your Optimal Care goals.

Backed by innovative technology, Optimal Care specialists assist you throughout your stay, encouraging you to achieve your highest levels of health and independence. Advanced health care technologies such as electronic health record (EHR), electronic pharmacy coordination (EPC) and real-time staff and resident locators allow your caregivers to seamlessly and securely manage your care.

Optimal Care Team

- Physical and occupational therapists, and speech language pathologists
- Licensed practical nurses and registered nurses

- Physician and nurse practitioner team
- Life enrichment professional
- Consulting pharmacist
- Registered dietician
- Social services professional

Innovative Technology

- Electronic health record
- Resident and staff real-time locators
- Electronic pharmacy coordination
- Urgent call system

Rehabilitation and Your Stay

Over the course of your stay, you'll experience customized rehab sessions in our spacious, state-of-the-art therapy clinic. Leading-edge equipment and technology assist you in reaching your Optimal Care goals, and include HUR air-resistance machines; Biodex balance assessment and conditioning; and an advanced ceiling harness system which offers superior body support during many therapies. Fully appointed kitchenette, bathroom and laundry provide a homelike setting for you to practice everyday life skills. Should you need it, you also may receive consultation on how to adapt your home environment to suit your abilities.

Specialty Equipment

- HUR rehab and therapy equipment incorporates air-resistance technology to aid strength/cardio exercise
- Biodex technology screens for likelihood of falls and provides balance conditioning
- Ceiling harness system offers superior unweighting and body support to enhance recovery from neurological and orthopedic conditions

- Kitchenette includes stove, microwave, sink, appliances and other items to simulate an everyday environment
- Full bath setting containing tub/shower, toilet and sink is adaptable to meet various accessibility needs

Guest Services and Amenities

As a valued guest of Rochester Rehabilitation and Living Center, you'll spend much of your time with your Optimal Care team, working hard at getting well. But not all your time! In between therapy sessions and one-on-one specialist consultations, you may choose to relax in the beautifully appointed comfort of your spacious private suite, or take advantage of the array of amenities we offer for your enjoyment and entertainment during your stay.

From the moment our concierge greets you upon check-in, you'll realize the priority of our Guest Services team is helping you make the most of your stay. Guest Services team members are pleased when they can answer your questions or arrange for your requests to be fulfilled. In addition, team members always are ready to connect you with up-to-the-minute information about stimulating programs, celebrations and spiritual events you can take part in.

Special Features

- Cozy neighborhood with great room, and charming dining room with menu selections created by chef-led culinary team, served restaurant style
- Private suites with personal kitchenette and bath or shared kitchenette and bath
- Individually controlled heat and central air
- Thoughtfully designed bath with elevated toilet, roll-in shower and grab bars
- Barrier-free lift system in designated suites
- Flat screen television in each suite includes The Homestead community channel
- Basic cable service and installation, wireless Internet and local phone service
- Housekeeping and linen change
- Personal laundry services

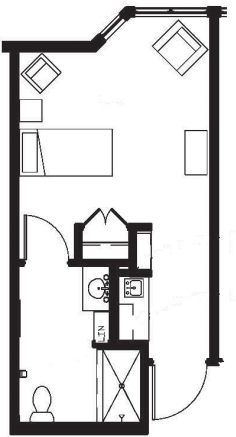
- Market and corner store
- Beauty and barber salon
- Life enrichment, educational and spiritual programs

Payment Options and More Information

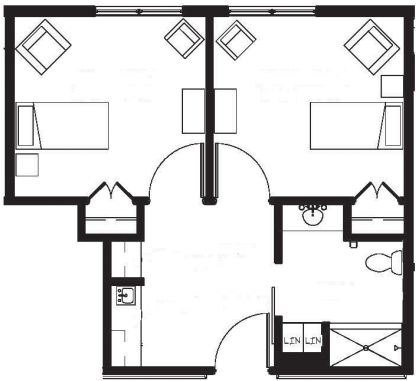
A number of options are available for financing your stay. To discuss financing with business office professionals, to request information about care and services at Rochester Rehabilitation and Living Center, or to schedule a tour for you and your family, please call our concierge at 507.322.5555.

Floor Plans

Suite with private bath and kitchenette



Suite with shared bath and kitchenette



Stated dimensions and square footage of floor plans shown are approximate. Please ask about availability. Floor plans, features and amenities subject to change without notice.