

**At Riderwood,
your health and
well-being are our
top priorities**

We offer important resources for your mind, body, and spirit—plus services that help preserve your independence and safeguard your future health care needs.



**HEALTHY LIVING
AT RIDERWOOD**



RiderwoodCommunity.com

Independent Living
Inpatient and Outpatient Rehabilitation
Assisted Living | Memory Care | Nursing Care

301-572-8420



On-Site Medical Center

For convenient, senior-focused care, turn to the Riderwood on-site medical center. Here, full-time physicians, nurse practitioners, and specialists support all of your health care needs. Even if you choose to stay with your current doctor, you can still visit the medical center for flu shots, vaccines, lab work, and same-day appointments when you're feeling under the weather. The Riderwood medical center accepts Medicare and many other insurance plans.

Outpatient Rehabilitation

If you need physical therapy after a knee replacement or occupational therapy after an injury or illness, look no further than Riderwood. We employ full-time therapists who specialize in senior rehabilitation. Riderwood's outpatient gym is located right on campus, making it easy and convenient to maintain your strength and independence.

Home Health and Home Support Services

Get the care and support you need with these important in-home services. Our home support aides or registered nurses come directly to your Riderwood apartment home to provide a full range of services, from help with daily household tasks like meal preparation and light housekeeping to managing your skilled nursing needs after a hospital stay.

Memory Support

Cognitive health and wellness is important to an individual's quality of life. Riderwood provides support for seniors' cognitive health through three distinct programs: Memory Fitness, Memory Health, and Memory Care.

The Memory Fitness Program focuses on diet, stress reduction, exercise, and memory enhancement to improve your brain function. Our "Two Weeks to a Healthier Brain" class is designed to help strengthen your memory through both cognitive and physical training.

The Memory Health Program helps those with mild to moderate cognitive impairment continue to live independently. The program consists of a structured approach to medical treatment and monitoring, supportive resident care in independent living, and family/caregiver education.

The Memory Care Program helps those with Alzheimer's, dementia, or other cognitive challenges who need mild to moderate cognitive care and assistance with daily tasks. The program consists of a structured approach to medical treatment and monitoring, supportive resident care in independent living, and family/caregiver education.

Intermissions is a structured social day program unique to Riderwood. Using a person-centered approach, this program enriches lives through fun meaningful engagement and therapeutic experiences while providing memory support for individuals with memory loss or confusion.

On-Site Continuing Care Health Services Neighborhood

It's comforting to know that additional on-site care is available should you ever need it. Riderwood's continuing care health services neighborhood offers assisted living, memory care, nursing care, and rehabilitation services right on campus. Regardless of the level of care you require, you'll enjoy customized care inspired by an assessment of your physical, mental, and spiritual preferences. And because the continuing care health services neighborhood is located right on campus, couples with differing care needs are able to stay together in one community.

