

Sub-Acute Rehabilitation

Recover in a community rated among the very best. Our compassionate team offers specialized care designed to accelerate your recovery and regain independence. With a variety of therapies, including cutting-edge virtual reality programming, expert medical support and gourmet dining, we ensure your rehabilitation journey is comfortable, effective and tailored to your needs.

Skilled Nursing

A higher level of care in a healing setting. We provide personalized care plans tailored to each resident's unique needs in a supportive environment. Our comprehensive services include medical supervision and support, medication administration and nutritious gourmet dining.

Welcoming admissions from area hospitals.

CMS CENTERS FOR MEDICARE & MEDICAID SERVICES
5-Star Rating

CENTER of EXCELLENCE in Wound Management
OUTSTANDING WOUND MANAGEMENT PERFORMANCE
Wound Care Specialists, LLC

BEST ASSISTED LIVING
U.S.News & WORLD REPORT
2026

BEST MEMORY CARE
U.S.News & WORLD REPORT
2026

BEST NURSING HOMES
U.S.News & WORLD REPORT
SHORT-TERM REHABILITATION
2026

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RidgeCrestAtMeadowRidge.com



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RIDGE CREST at Meadow Ridge
HEALTH • WELLNESS • REHAB

100 Redding Road | Redding, CT 06896
Managed by Benchmark Senior Living

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RIDGE CREST at Meadow Ridge
HEALTH • WELLNESS • REHAB

THE HEALTH CENTER AT MEADOW RIDGE

Short-term rehabilitation and long-term care throughout the continuum.

Residents and patients at Ridge Crest experience exceptional care and comfort, with personalized, licensed support from a familiar, friendly and experienced team.



Assisted Living

Enjoy an experience that rises above the rest in our boutique-style neighborhood. With 24/7 licensed nurse availability, a vibrant calendar of daily activities and beautifully appointed apartment homes, residents in our Assisted Living neighborhood enjoy both comfort and confidence in their daily lives.

Memory Care

An extraordinary neighborhood offering individualized services. Our Mind & Memory Care neighborhood features certified dementia care partners trained to provide exceptional care and promote purpose-filled, joyful days to those with memory loss.





Our comprehensive treatment plans include therapy, recreation and dining.

- High Staff-to-Patient Ratio
- Medication Administration
- Personalized Care Plans
- On-Campus Physician
- Coordination of Care and Therapy
- 24-Hour Emergency Response

Some of the favorite activities at Ridge Crest:

- Trivia Games
- Walking Group
- Tabletop Bowling
- Massage Therapy
- Social Hours
- Art Classes
- Floral Arranging
- Strength & Stretch Class

Healthy, nourishing, freshly prepared cuisine.

Our professionally trained chef and dining team prepare meals at Ridge Crest with a focus on taste and health. Who knew food that's good for you could be so delicious?

- Dietary Accommodations
- Restaurant-Style Experience
- Extensive Menu
- Dietitian Services
- Dedicated Dining Staff

