# *Award-Winning Care Outcomes That Rise Above the Rest*

Ridge Crest at Meadow Ridge offers top-rated Sub-Acute Rehabilitation and long-term Skilled Nursing care. Our five-star Medicare-rated community has been consistently recognized by U.S. News & World Report as among the best nursing homes in the country since 2018, and we have been honored as a Center of Excellence in Wound Management by Wound Care Specialists. These distinctions are a testament to our commitment to providing exceptional care.

## *Rehabilitation*

### A Multidisciplinary Team Treats the Whole Patient

Our individualized approach ensures each patient receives the specific treatments and support required for their unique needs.

Each team includes:

- Nursing team
- Doctors
- Therapists and specialists
- Dietitian
- Massage therapist
- Social worker

### A Full Line of Rehabilitation Therapies

Our experienced specialists share your patient's goals and use state-of-the-art methods and equipment to provide customized, one-on-one therapies, including:

- Physical, occupational, speech and respiratory therapies
- Stroke recovery
- Cardiac care
- Joint replacement rehabilitation
- Orthopedic rehabilitation
- Complex wound care
- COPD/CHF treatment
- IV antibiotics therapy
- Total parenteral nutrition
- Occupational therapy kitchen
- Diabetes management & education
- Infrared and ultrasound techniques for pain and inflammation
- Electrical stimulations to improve circulation
- Customized exercises for strength and balance
- Postoperative observation
- IV push medications
- Virtual reality therapy

Our new doctors' suite offers on-site primary and specialty care, lab draws and consultations. In addition to providing attentive and compassionate treatment, our therapists will accompany patients on follow-up medical appointments.

### Ridge Crest Patients Have Better Outcomes Than the National Average

**49%**
more hours of nursing care

**8%**
less likely to be re-hospitalized

**15%**
more likely to return home after discharge

**75%**
faster wound healing

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

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

CMS CENTERS FOR MEDICARE & MEDICAID SERVICES
5-Star Rating

*Data points provided by U.S. News & World Report.*

**63%**
less likely to be hospitalized

**30%**
less likely to visit the emergency room

**12%**
more likely to maintain the ability to self-care

In addition to Rehabilitation and Skilled Nursing, the Meadow Ridge continuum of care also includes:

- Respite Care
- Memory Care
- Assisted Living
- Independent Living

**To learn more about any of the services provided at Ridge Crest, contact us at 203-544-7733 ext. 526 or visit RidgeCrestAtMeadowRidge.com.**

RIDGE CREST at Meadow Ridge
HEALTH • WELLNESS • REHAB

# *Skilled Nursing*

## A Team You Know

With the best staffing ratio in our market, residents receive care from dedicated associates. Seeing familiar faces helps decrease any stress and anxiety a resident may feel, further enhancing the homelike experience and providing continuity in care.

## Individualized Plans

Our personalized approach means no two care plans are alike. Instead, programs are tailored to each resident's unique needs, with input from the entire care team, so all treatment is planned with the resident in mind.

## A Homelike Environment

Care at Ridge Crest is provided in a welcoming, homelike environment. Studies have shown that living in a familiar and resident-friendly environment can enhance residents' lives and care outcomes.

Our private and semi-private suites can be personalized with items from home, but they are outfitted with all the furnishings, conveniences and amenities a resident could want.

> *I've had a great experience at Ridge Crest. The Rehabilitation team worked with me tirelessly to regain my strength, and I'm so grateful for their dedication. The care and support here have truly made a difference in my recovery journey. And I must say, I love the food here!*
>
> —Tula M.

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*Managed by Benchmark Senior Living*

*06.26*