



## A True Sense of Community

For senior living with the security of on-site care, Cumberland Trace provides a lifestyle that will inspire you. From the moment you walk through the doors, you'll feel the warmth of family and home – friendly faces, inviting spaces and familiar comforts.

Cumberland Trace offers the perfect combination of home-like casual elegance and convenient access to area amenities – entertainment, shopping, restaurants and more. With hospitals, physicians' offices and specialized medical services nearby, our location is the perfect complement to our progressive approach to senior living and care.

Serving Plainfield and the surrounding area, our family-first philosophy inspires the exceptional living options and compassionate healthcare services we offer. At Cumberland Trace, our goal is to exceed the expectations of our residents and their families. Services at Cumberland Trace include: assisted living, short-term rehabilitation, specialized memory support and long-term skilled nursing care.



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[www.CumberlandTrace.us](http://www.CumberlandTrace.us)

CT-BR-1217



Putting family first in all that we do:  
Assisted Living  
Rehabilitation  
Long Term Care  
Memory Support

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## Assisted Living

Starting with a personalized care plan, we'll provide just the right amount of assistance, right when you need it.

### Services and Amenities Include:

- Month-to-month apartment rental
- Three delicious restaurant-style meals served daily
- All utilities (including phone and cable television)
- Free WiFi in every apartment
- 24-hour emergency call service including pendants and 2-way voice communication
- Weekly housekeeping
- Weekly flat linen service
- Washer and dryer in every apartment
- Social, cultural, and educational programs and activities
- Scheduled transportation for outings and medical appointments
- Licensed nurse on-site 24 hours a day
- Individualized care assessment and development of personalized service plan
- Apartment maintenance



## Rehabilitation and Long Term Care

The goal of our short-term rehabilitation program is to help each individual reach their optimal level of functioning and return home safely. When long term care is needed, our skilled nursing services provide a full spectrum of nursing and specialty services 24-hours a day—from assistance with daily activities to complex skilled nursing treatments.

### Services and Amenities Include:

- Private and semi-private suites
- Physical, speech, occupational and respiratory therapies
- Post-surgical care
- Wound care
- Pain management
- Large therapy gym with home transition area
- Complimentary WiFi
- Individualized care assessment and personalized care plan
- Three delicious meals served daily, along with snacks
- Beauty salon and barber services
- Ongoing advice and counsel for resident and family
- Podiatry, dental, audiology and optometry services
- Respite care
- Medicare, Medicaid, and most insurances accepted



## Memory Support

Those facing memory loss challenges are able to enjoy life more at Cumberland Trace. Individuality is celebrated with 24-hour support, encouraging a better quality of life each day.

### Services and Amenities Include:

- Private suites with full bathroom and shower
- 24-hour care provided by licensed staff members trained specifically in working with individuals with memory loss
- Three family-style meals served daily, plus snacks
- Medication administration and management
- Secured outdoor courtyard
- Innovative Nurse Call System
- Daily scheduled activities
- Housekeeping and personal laundry service
- Assistance with insurance matters
- Medicare, Medicaid, and most insurances accepted



## Family-first Senior Living

Family-first is our philosophy at Cumberland Trace an approach that goes back to 1977, when CarDon & Associates was first established. As a member of the CarDon family of senior living communities, which extends throughout central and southern Indiana, Cumberland Trace encourages family members to become involved with each resident's personal care plan.

We ensure a better quality of life each day for our residents, by treating them as we would our own loved ones. So regardless of needs, every individual is able to get the most out of each day.



The CarDon family:  
Kathy, Stephen, Dan and David