Bridgewater
Senior Home Care

BRIDGEWATER 360

The full scope of non-medical care from the comfort of your home!

Safety

Our holistic approach to home care creates a personalized plan designed to help each person reach their optimal well-being. We focus on five interconnected areas of wellness — nutritional, emotional, social, safety, physical, and mental — woven together into a comprehensive care plan. Our trained staff work diligently to bring out the most favorable outcomes possible, because we believe that true wellness touches every aspect of daily life.

Mental Exercise

We design customized mental exercises that engage both the left and right sides of the brain, supporting memory, creativity, and cognitive vitality. Activities like music and art therapy add joy and meaning to the process, and every plan is thoughtfully adapted for those living with specific health conditions.



Nutritional Plan

Good nutrition is at the heart of good health. We guide clients toward whole foods, proper hydration, and the right supplements, with individualized meal planning that accounts for conditions like diabetes and other disease management needs.

Physical Exercise

Staying active looks different for everyone. We build personalized walking and exercise plans, and take a holistic approach that can incorporate physical, speech, and occupational therapy — with special attention to those managing neurological or muscular conditions.

Emotional / Social

We believe happiness is part of healing. From planned social activities and family communication support to pet therapy and staying connected online, our services are designed with one goal in mind: keeping each person engaged, supported, and genuinely cared for.

440.210.9994
bridgewatersenior.com