



### Are you a right fit?

- Seniors who are becoming frail and find the responsibilities of homemaking an increasing burden, or too difficult to do consistently.
- Seniors with chronic illness who needs daily assistance with cooking, cleaning and monitoring of medications.
- Individuals who are bed-ridden, has Alzheimer's, Parkinson's, Lewy body, dementia or mild cognitive impairment and are finding it living on their own very hard.
- Confused, depressed individuals, stroke victims, care/walkers or wheel chair bound individuals.

## Who We Are

### About Us

We are a Physical Therapist owned, premium residential care provider. We are dedicated to providing highest level of care and supervision for individuals that needs the most attention. With over 6 years of senior care experience, our therapeutic activity plan is designed to promote the residents independence, physical and mental wellbeing. Our staff have extensive training on elderly care, medication procedures, nutrition, emergency procedures, dementia training, first aid and residents rights.

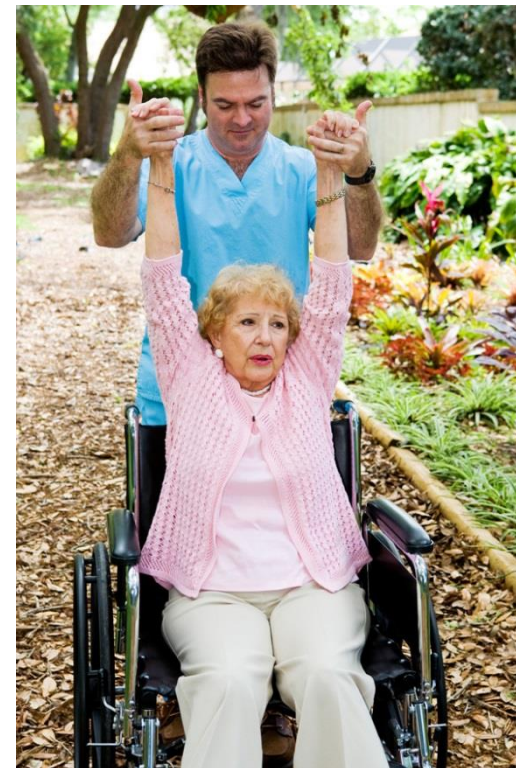
### Contact Us

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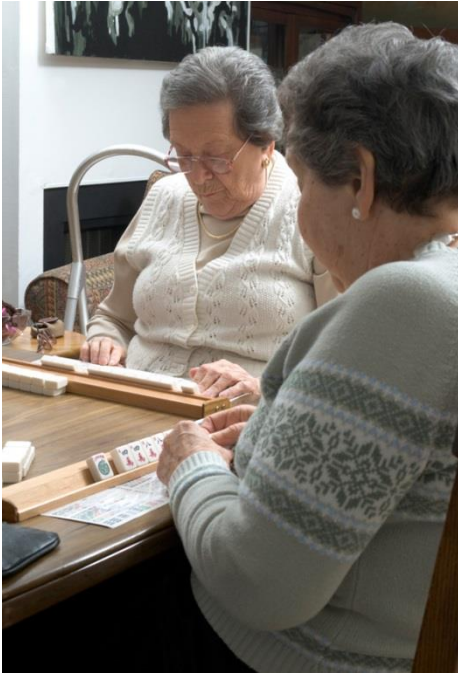
#### NAVITA RESIDENCES

1255 Coventry Drive  
Thousand Oaks, CA 91360



## NAVITA RESIDENCES

*Residential Care Facility for  
Elderly – Serving Since 2008  
License # 565801599*



## Why choose Navita Residences?

- Owned by Physical Therapist with over 6 years of geriatric care experience.
- Located in beautiful, safe, scenic, centrally located, mild weathered City of Thousand Oaks, CA.
- Bright, sunny and airy facilities with a park like backyard with mature fruit trees.
- Newly furnished large bedrooms with plenty of closet space.
- Handicap accessible bathrooms.

- Large dining area where residents are served with home cooked, well balanced and nutritious meals.
- Large living room with space to watch large screen TV, listen to music, read a book or video chat with family and friends through our high speed internet.

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*“Had I known that this facility existed, I would’ve never moved my Mom to a large assisted living institution” – Resident’s Daughter*

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- Therapeutic activities to promote independence, physical and mental well being.
- Assistance in taking medications and monitoring of the resident’s general well being.
- Assistance with bathing, dressing, eating and grooming.
- Housekeeping and laundry services.
- Transportation to doctors, dentists, and other therapist/medical practitioners.
- Located within two miles of Los Robles Hospital, and close to shopping, pharmacy, bank, Thousand Oaks Senior Center and Library.



## Why Assisted Living Facility (Board and Care Home)?

- Home like settings means that the residents would get a feel of living in a home and not an institution.
- Family-style personalized meals served in a communal setting.
- Board and Care facility provides 24-hour, non-medical supervision and care. These facilities are fully licensed and strictly regulated by the State of California.
- A lower caregiver to resident ratio means the Level of Care is higher in these settings since residents are in constant contact with caregivers.
- Board and Care Homes also handle regular doctor visits and report medication compliance to the doctors and relatives. This assurance means that the resident’s needs are regularly monitored for timely interventions.