



RELAX AND RECOVER CARE PROGRAM

The Relax and Recover Care Program creates a supportive and soothing environment for Skilled Nursing Residents. It is a program rich with calming sensory experiences to encourage feelings of security, warmth and recovery.

WHAT TO EXPECT

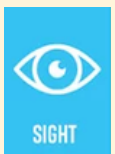
Each 1 hour Care session, an Enrichment Facilitator will transform your designated location into a relaxing “Recovery Cafe” engaging residents, and their senses with the goal to create an environment where healing and recuperation occur.



Soothing Music and Sounds



Aromatherapy Oils Diffuser



Sensory Aquarium Monitor playing videos



Herbal Tea Mint Refreshers



Warm hand towel reflexology treatment

THE PURPOSE OF THE RELAX AND RECOVER CARE PROGRAM IS

To create a gentle caring space in Skilled Nursing Communities where, for a period of time, no demands are made of residents allowing them to fully Relax and Recover from the day.

Using known therapy practices such as music therapy, aromatherapy and techniques to engage each of the 5 senses, [trained Enrichment Facilitators will visit in-person](#) and prepare the space designated within your location to accommodate your residents each session.

After the location has been transformed by your Facilitator to the temporary “Relax and Recover Cafe”, Skilled Nursing Staff can encourage and escort residents to the Cafe to enjoy some relaxation and recovery (R&R) being led by a trained Enrichment Facilitator. **Residents attending R&R Care Sessions are shown to experience better overall health and wellbeing.**

