

SPECIALIZED MEMORY CARE

WELCOME TO YOUR NEW HOME

COTTAGES AT BELLEAIR

Life Transitions ■ Memory Care





“The Cottages at Belleair feels like the perfect fit for my mom. The community is peaceful, the cottages are lovely, and the staff is so helpful every step of the way. My family is very grateful.”

– Daughter of Resident





Welcome to Cottages at Belleair

Welcome to The Cottages at Belleair, a dedicated memory care community in Clearwater, Florida, where every resident is treated like family and every day brings opportunities for connection, comfort, and joy.

We specialize in caring for individuals experiencing changes in memory, offering personalized support through our Life Transitions and Memory Care programs.

Experience a warm and inviting environment and a true home atmosphere with everything you or your loved one needs to live a full, enriching lifestyle.

A Place to Call Home

At The Cottages at Belleair, our intimate, cottage-style setting offers the warmth and familiarity of a small family home. A place where front porch sitting, friendly conversations, and the simple joys of life make each day special.

Conveniently located in Clearwater, our cozy, welcoming cottages offer a peaceful, home-like atmosphere. With personalized memory care, familiar surroundings, and a compassionate team who treats each resident like family, we create a place where comfort comes naturally, relationships grow, and everyone belongs.

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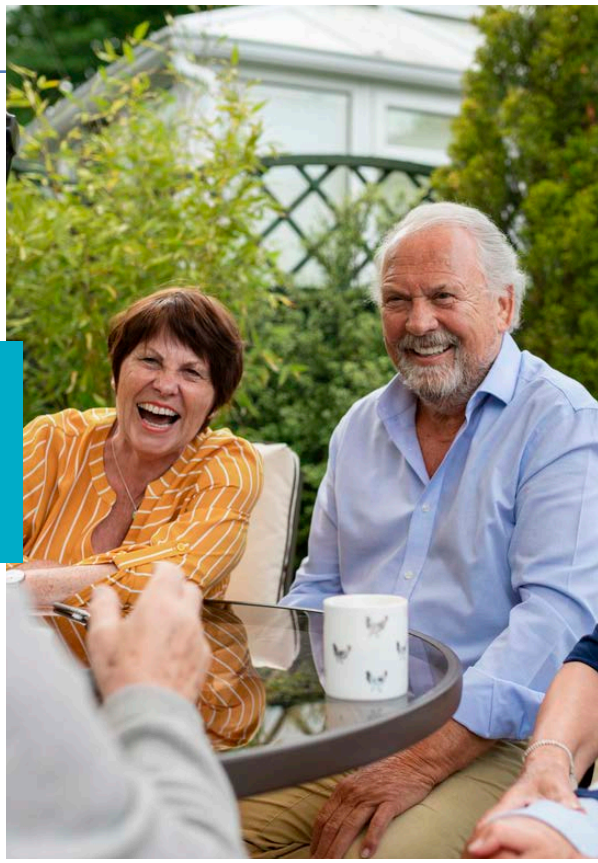
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Welcome

When someone you love is experiencing changes in memory and thinking, finding the right care can feel overwhelming. We offer a personal approach to memory care in an intimate setting where your loved one is valued and cared for like family.

Our unique cottage approach allows us to tailor support to each resident's individual needs, abilities, and stage of cognitive change. Through our Life Transitions and Memory Care programs, we provide compassionate care that adapts as those needs evolve.

Life here is centered on the comforts of home and the moments that matter most. Our dedicated team focuses on creating a sense of belonging, preserving dignity, and helping each resident experience moments of connection, purpose, and joy.









"I loved touring the community and seeing how comfortable the cottages are. The shared spaces make it easy for residents to socialize and the staff go above and beyond to make transition smooth."

- Daughter of Resident



Personalized memory care in a warm, intimate cottage setting where your loved one is treated like family and every day brings opportunities for comfort, connection, and meaningful moments.



Personalized Care

Our residents and their families enjoy the confidence and peace of mind that comes from our commitment to their continued care. Beyond special training and accessibility, we have a heart for seniors that resonates throughout everything we do.

At The Cottages at Belleair, our all-inclusive approach to memory care means your loved one receives the support and services they need, all included as part of our care. From medication management and assistance with daily activities to housekeeping and scheduled transportation, we take care of the details so families don't have to choose between essential services.

Our focus is on providing consistent, compassionate support in a warm, cottage setting where your loved one can feel safe, comfortable, and cared for like family.

Floor Plans

Our cottages are thoughtfully designed from the ground up to support the unique needs of individuals living with dementia and cognitive changes. Each cottage is its own cozy home, complete with a welcoming kitchen, comfortable living and dining spaces, and private en suite bathrooms and showers. From the size and layout of each space to the familiar surroundings and secure environment, every detail is intentional.



Designed for Comfort, Tailored to You

Our entire community is designed specifically for memory care, creating a setting that promotes comfort, familiarity, dignity, and a true sense of home.





Companion

Two Bed - One Bath



Private

One Bed - One Bath

Engaging Activities

- Creative Arts & Crafts
- Fitness & Wellness Programs
- Happy Hour
- Music and Memory
- Outdoor Activities
- Themed Events
- Movie Nights
- Bingo

Engaging Experiences, Every Day

At The Cottages at Belleair, memory care is more than what we do — it's what we specialize in. What makes our approach unique is the way we care for residents within our individual cottages. We thoughtfully group residents with similar cognitive needs and abilities, allowing the pace of daily life, activities, and engagement to feel comfortable and appropriate for all residents.

Activities and events are selected with each group in mind because we understand that what is enjoyable and appropriate for residents in one cottage may not be the right fit for another.

Where Comfort Meets Convenience

Throughout each cottage, cozy living spaces create an intimate, welcoming atmosphere that feels less like a facility and more like home. Our cottage kitchens and family-style dining bring warmth and connection to every meal, with care team members joining residents at the table, sharing conversation and enjoying time together. We focus on the simple comforts, personal connections, and reassuring routines that help residents feel a true sense of belonging.





Community Amenities

- Walking Paths
- Monthly Events
- Garden/Outdoor Space
- Transportation Services

Apartment Amenities

- Vinyl Flooring
- Porches
- Private Walk-In Showers
- High-Speed Internet Access
- Cable/Satellite TV Ready



Care Levels We Offer

An introduction into the different types of care available.

Care Tailored to You

Our community offers a range of care options designed to support each individual's unique needs. From our Life Transitions program to more specialized memory support, our compassionate team is dedicated to providing the right level of care to ensure comfort and well-being at every stage of life.





Life Transitions

For families noticing early changes in a loved one, Life Transitions bridges the gap between needing more structure and not yet being ready for traditional Memory Care. Set in two dedicated, homelike cottages, the program pairs gentle daily guidance with the independence residents value.

We provide a unique lifestyle that blends services, care, and a variety of enriching activities and programs, creating an environment where residents can thrive. We strive to foster a strong sense of community, connection, and belonging for every resident.

Our compassionate staff is dedicated to offering 24-hour personalized assistance, ensuring that each resident receives the support they need, while maintaining their dignity and independence. Families can feel confident knowing their loved ones are receiving the highest quality of care and have ample opportunities for social engagement and meaningful experiences.

Program Highlights:

- Cottages are connected by beautiful courtyards and walking paths.
- Purposeful brain games and cognitive enrichment.
- Close-knit social connection in an intimate cottage setting.
- Staff-assisted access to open-air courtyards.
- Higher staffing ratios and thoughtful safety measures.

No formal diagnosis required. Placement is based on daily routine and needs.

Memory Care

Our Memory Care Program provides the highest level of care for individuals with memory loss, dementia, or Alzheimer's disease. We understand how challenging these conditions can be for both residents and their families, which is why we are committed to delivering a dignified, compassionate, and tailored care experience.

We recognize that each resident has unique needs, and we approach care with the understanding that no two individuals are the same. Our dedicated team works closely with residents and their families to develop customized personal care plans that address specific needs while providing a consistent and supportive environment. These personalized plans ensure that residents receive the attention, care, and comfort they deserve, while also including essential standard services to enhance their quality of life.

Memory Care Services Include:

- Individualized care programs
- Bathing and grooming assistance
- Dressing assistance
- Walking and mobility assistance
- Medication management
- Incontinence care
- Regular housekeeping
- Daily bed-making
- Personal laundry service
- Organized activities



Supportive Memory Care
For Every Journey

Our Memory Care program provides a secure and supportive environment for those living with dementia or other forms of cognitive impairment.

We celebrate each resident's individuality, focusing on their unique stories, strengths, and passions. With personalized care, experienced team members, and engaging activities designed to spark connection and joy, we help residents feel valued and empowered every step of the way.

Personalized Care

Each resident receives a care plan tailored to their unique needs, routines, and preferences. Our team members take time to understand each person's background and lifestyle to provide thoughtful and consistent care that honors who they are.

Support for Residents and Families

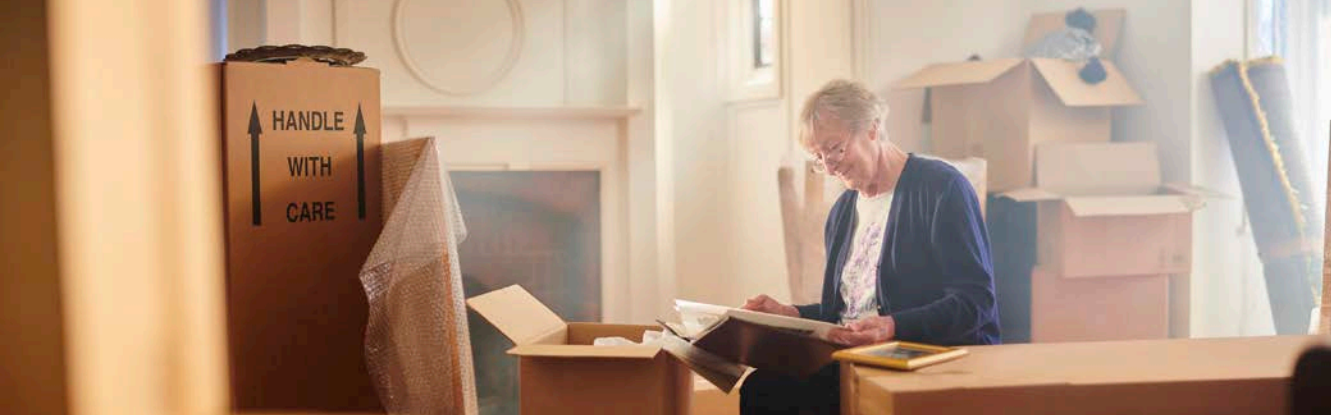
We believe in nurturing relationships not just with residents but with their families too. Our team is here to provide regular communication, guidance, and emotional support to help families navigate the journey with confidence and reassurance.

Life Enriching Activities

From music and art to sensory therapies and guided group experiences, our engaging activities are designed to spark joy, encourage connection, and support overall well-being. Each day is filled with meaningful moments and opportunities for connection.







7 Questions to Ask When Making the Move

Great questions to have answered before making the transition.

Moving can seem like an overwhelming task under normal circumstances, but add in the additional details that are involved when it is a relocation to senior living and it can seem even more daunting. How much furniture to bring, how many personal items are appropriate, what you want to spend, or what care level you need are just some of the questions you may be asking yourself as you make the move.

To help with this transition, we've put together a checklist for you of some of the key questions you should ask when preparing for a move to Senior Living. We hope it will help point you in the right direction and answer some of the toughest questions you may have about making the change to a senior living community.

1. What Am I Willing to Spend on Senior Living?

Start by discussing your budget with loved ones to guide your search for the right community. Whether seeking luxury living, health care options, or a downsized apartment, there's a community for every need and budget.

Set clear financial limits and evaluate costs annually, not just monthly, as senior living often includes services and amenities beyond typical home expenses. This approach will simplify your search.

2. What Type of Senior Living Do You Need?

When considering senior living options, it's important to choose one that meets all of your needs.

For a carefree lifestyle with peers, a retirement or 55+ community offers maintenance-free living and independence. Independent living communities provide some services like housekeeping and dining, but maintain your autonomy.

If you need assistance with daily activities or want the option for additional support, Assisted Living may be right for you. It offers caregivers and services that adjust to your changing needs.

For those with memory impairment or dementia, Memory Care communities provide specialized care, programs, and therapies to ensure comfort, safety, and well-being.



3. Does Medicare Pay for Senior Living?

Many people don't fully understand Medicare, which is designed for seniors but primarily covers short-term stays in Skilled Nursing (e.g., rehab). It's generally not accepted in other senior living communities. While some communities accept long-term care insurance, which may cover a daily rate or cap after a certain period, most are private pay.

4. Veteran or Surviving Spouse of a Veteran?

In 1967, the Aid and Attendance benefit was introduced to help Veterans and surviving spouses cover senior living costs. This includes long-term care costs such as in-home care, Assisted living, or nursing homes. Specialized companies and local VA offices can assist with the application process if needed.

5. What's the Commitment?

There are various senior living options, from continuing care communities with large deposits and monthly rent to month-to-month rentals. Choose the pricing and payment plan that best fits your preferences to make the transition easier.



6. Can I Personalize My Apartment?

Yes! Just like your previous home, communities encourage you to personalize your new space. Making it feel like home will help you settle in and feel happier.

7. What Types of Amenities Can I Expect?

Senior living communities offer a variety of amenities, care options, and activities. These can include beauty salons, entertainment rooms, pools, gyms, and dining options. Most also provide flexible care services to meet your needs. Quality communities offer events that promote physical and mental health while helping residents build meaningful connections.

We hope this list helps you decide about moving to a senior living community. Our caring staff is here to make the process smooth and assist you in finding your new home in our wonderful community.





Tips for Researching a Senior Living Community

Focusing on these key steps can make the process smoother.

Understand Care Needs

Independent Living: For active seniors seeking a maintenance-free lifestyle.

Assisted Living: Adds caregiver support for tasks such as medication management and grooming.

Memory Care: Tailored for individuals with dementia offering specialized programs and secure environments.

Choose a Location

Decide if you want to stay nearby, move closer to family, or relocate. Narrow your search by city or neighborhood.

Research Online

Check community websites for their care level options, amenities, photos, and floor plans. Social media pages offer glimpses of daily life and culture.



Read Reviews

Look at resident and family feedback to understand the quality of care and community environment.

Visit in Person

Touring a community allows you to meet staff and residents alike and experience the atmosphere firsthand.



Start your senior living journey with thorough research, in-person visits, and online exploration. Take the time to compare amenities, services, and community vibes to ensure you find the perfect place to support your lifestyle, interests, and future needs.







Creativity & Health Benefits

There are multiple ways creativity can benefit you!

Living in a senior community isn't just about receiving care—it's about aging well and enjoying your golden years. Creative activities like art, crafts, and music aren't just fun; they improve overall health, boost mood, and promote mental well-being.

Mental Health Benefits of Creativity

Engaging in creative pursuits helps express emotions, reduce anxiety and depression, and release positive feelings. Hobbies like arts and crafts encourage mindfulness, focus, and relaxation, leading to greater happiness and reduced stress.

Sense of Purpose

For seniors, artistic activities contribute to a sense of achievement and purpose, which is critical for mental health and overall well-being. Completing a creative project can be deeply satisfying and enrich daily life.

Physical Benefits

Creative activities can also promote physical health. Crafting improves hand-eye coordination and keeps joints flexible. This can help ward off arthritis. Reducing stress through creativity promotes lower blood pressure and a healthier immune system.

Encouraging Creativity

Many Senior Living communities offer a range of creative opportunities, from art classes and crafts to music and dance. Activities promote cognitive function, self-esteem, and social bonding. Holiday-themed crafts and art therapy are highlights, especially in Memory Care communities, where arts help create calm environments and evoke positive memories.



Creativity fosters personal growth, better health, and meaningful connections. Check out our event calendar or social media to see residents thriving through creative aging.





How Animals Can Help Seniors Thrive

Companions for a happier, healthier life.

Animals play an amazing and important role in everyone's lives. From working animals to household pets, therapy dogs, or farm animals, connecting with animals can have a profound impact on people. Pets, and animals in general, can bring out the best in us.

Pet and animal assisted therapy has many benefits, especially for older adults. Animal interactions provide a sense of unconditional love, tactile connections, and mental stimulation to seniors and residents of Senior Living communities.



Pet therapy programs give older adults who may not be able to have their own pets the chance to interact with animals and gain the mental, psychological and physical health benefits of spending time with pets.



Living in a pet friendly community is a great way for seniors to experience all the positives of having an animal around. Having a pet can help seniors feel needed, keep their brain healthily engaged, and provide a constant friend and companion. Whether the pet is a service dog, therapy pet, or simply a companion, pets can help older adults to stay fit physically and mentally.





Understanding the 8 Dimensions of Wellness

Your holistic guide to a balanced and healthy life.

Living a full life means finding balance and purpose across multiple areas. Research highlights the importance of maintaining connections within eight dimensions of wellness: emotional, physical, social, occupational, spiritual, intellectual, environmental, and financial. Each dimension influences the others, collectively supporting overall well-being.

The Eight Dimensions of Wellness Explained:

Emotional Wellness:

Manage emotions, build support networks, and practice self-care to strengthen emotional health. Techniques like stress management, counseling, and fostering healthy relationships are key.

Physical Wellness:

Regular exercise, good nutrition, and quality sleep are essential for maintaining physical health. Activities that work to enhance flexibility, mobility, and strength benefit overall vitality.

Intellectual Wellness:

Engage in activities like reading, puzzles, and learning to keep the mind sharp and stave off cognitive decline. Lifelong learning promotes intellectual stimulation.

Occupational Wellness:

Find satisfaction through meaningful work or activities. Post-retirement, volunteering or teaching can fulfill this dimension by contributing to a sense of purpose.





Financial Wellness:

Focus on managing expenses, planning for emergencies, and setting financial goals for stability and peace of mind.

Social Wellness:

Build meaningful relationships and connections with others. Social interactions foster companionship, improve emotional health, and enhance communication skills.

Spiritual Wellness:

Seek out a sense of purpose and meaning, whether through religion, meditation, mindfulness, or acts of service, to connect with something greater, align with personal values, and cultivate a deeper sense of fulfillment, and emotional well-being.

Environmental Wellness:

Surround yourself with positive environments and contribute to planetary health by being intentional about reducing environmental hazards like pollutants, chemicals and even noise.

Promoting positive connections with our environment will help boost other aspects of wellness.





Downsizing Tips for Moving to a Senior Living Community

Simplify your move, maximize your new chapter.

When it comes to your home, downsizing means selling or moving from your current home in favor of a smaller home. This can include purchasing a smaller home, deciding to rent an apartment or similar living space, or opting for a community living or retirement living setting.

For older adults, downsizing can be a great option when a home feels too large, unmanageable, or simply unnecessary.

Why Downsize?

Easier Maintenance: Smaller spaces reduce cleaning, yard work, and upkeep, often with added housekeeping services.

Lower Costs: Smaller homes generally mean reduced expenses, including energy bills, maintenance, and rent.

Community Living Perks: Senior communities offer a variety of social activities and help combat loneliness.

Talking to Loved Ones About Downsizing

Be open and honest about concerns, while respecting their hesitations.

Focus on positives, such as new opportunities and reduced responsibilities.

Discuss plans for storage, organizing, and moving to ease the process.

Downsizing Tips

Take it one room at a time and sort out belongings gradually to avoid feeling too overwhelmed. Reflect on memories as you declutter your space.

Organize by categories like *keep*, *toss*, and *give* piles.

Ask yourself:

- Is it necessary or sentimental?
- Does it serve a purpose in my new space?
- Is it redundant?

You can then donate, sell, or discard unnecessary items with support from professionals or loved ones.

Prepare for the Move

Consider a storage unit for items you can't part with but lack space for.

Hire movers who specialize in downsizing to make the process smoother and more sensitive to the emotional aspects.

A Positive Transition

Downsizing can lead to a more simplified lifestyle, reduced stress, and enriched social connections in a senior community with ample amenities and support.





Healthy Eating Habits for Seniors

Fueling vitality through balanced nutrition.

Maintaining proper nutrition is essential at any age but becomes even more critical as we grow older. Aging slows metabolism, reduces strength, and increases the risk of chronic conditions, making a healthy diet vital for overall well-being. By focusing on balanced nutrition, seniors can combat these challenges and promote better health.

Smart Dietary Practices

- Stay Hydrated: Aging diminishes thirst, so drink plenty of water, herbal teas, or consume water-rich foods like fruits and soups to prevent dehydration.
- Plan Meals: A meal schedule helps avoid skipping meals. Prepare a meal calendar to stay consistent.
- Choose Natural Sweets: Swap refined sugar for naturally sweet foods such as fruits to satisfy cravings healthily.

- Check Labels: Look beyond marketing claims on packaged goods and read nutritional labels to avoid excess sodium, sugar, and unhealthy fats.
- Reduce Salt: Instead of table salt, make use of fresh herbs and spices like turmeric, basil, and rosemary for flavor without raising blood pressure.
- Portion Control: Consult a doctor to determine appropriate healthy serving sizes and avoid overeating.
- Include Fiber: Fiber aids digestion and helps maintain healthy cholesterol. Incorporate fruits, vegetables, beans, and whole grains into your diet.
- Focus on Healthy Fats: Opt for foods rich in mono-unsaturated and polyunsaturated fats, which encourage heart health and mental well-being.
- Vary Your Diet: A colorful plate with fruits, vegetables, proteins, and whole grains ensures balanced nutrition.

Enhancing Mealtime Enjoyment

Turn meals into social events by dining with family or friends, making mealtime enjoyable and encouraging better eating habits. Prioritizing healthy eating and savoring nutritious meals can significantly enhance overall well-being as we age.



Cost Comparison

Your Monthly Expenses	Your Current Cost	Your Cost at Our Community
Monthly Mortgage Payment or Rent	$ _____	Included
Property Taxes ÷ 12	$ _____	Included
Property Insurance ÷ 12	$ _____	Included
Home / Condo Maintenance Fee	$ _____	Included
Utilities - Electric and / or Gas	$ _____	Included
Utilities - Water and Sewer	$ _____	Included
Utilities - Wifi and Cable*	$ _____	Included
Scheduled Transportation	$ _____	Included
Delicious Meals Three Times per Day*	$ _____	Included
Social Activities	$ _____	Included
Appliance Service / Replacement	$ _____	Included
Home Upkeep Costs	$ _____	Included
Home Care Provider Costs	$ _____	$_____
Outdoor Home Maintenance	$ _____	Included
Total Monthly Expenses	$ _____	$_____

*For Select Care Plans



Explore the Cost Savings of Senior Living

At our community, we provide a maintenance-free lifestyle that offers comfort, convenience, and personalized care with month-to-month rent and services. This flexible arrangement provides you with the freedom to plan confidently and effectively, empowering you to adapt to changing circumstances without the burden or constraints of long-term commitments.

We invite you to see the difference for yourself. Use our **Cost Comparison Guide** to assess how transitioning to our community can simplify your life and help manage expenses, from reducing home maintenance costs to addressing healthcare needs more efficiently.



Our Mission

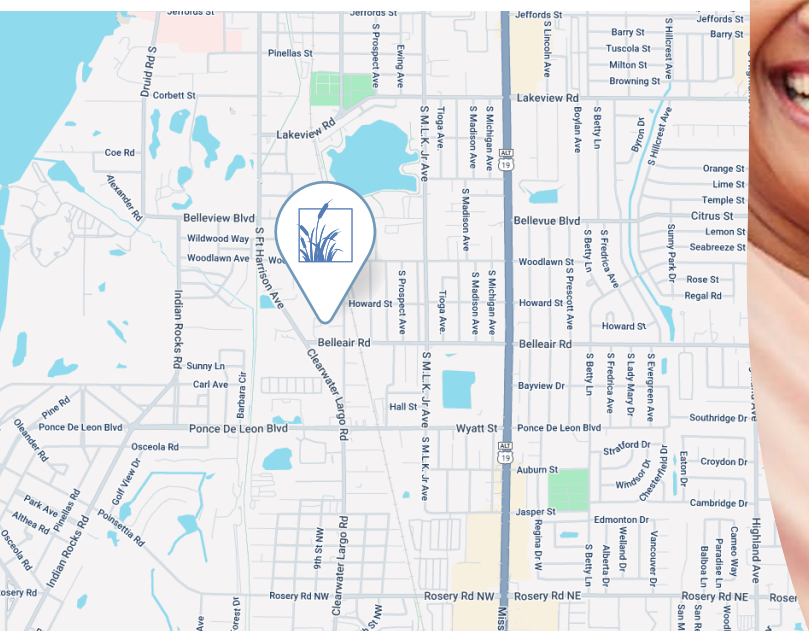
Cottages at Belleair strives to create a lifestyle of independence and peace of mind for each individual and their family. We do what we love and what we truly believe in - providing personalized, compassionate care services with dignity and respect. Our dedicated, professional team supports each resident and goes above and beyond to help you and your loved ones feel at home.

Our Values

Our community provides residents with the services and amenities that enhance their daily lives, allowing them to live each day on their own terms. We respect each individual's uniqueness and recognize that every resident is in charge of their own life decisions. Our role is simply to offer support and guidance whenever needed, every step of the way.

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Cottages At Belleair

620 Belleair Rd.
Clearwater, FL 33756
(727) 353-9145

Lic # AL9666

▪ CottagesAtBelleair.com ▪