












## AMENITIES

These amenities contribute to a comfortable and well-rounded living environment, fostering a sense of community and enhancing the overall quality of life for residents in our facility.

-  Private & Semi-Private Suites
-  TVs & Internet Access
-  Phones Provided
-  iPads & Laptops Available
-  Lounges and Activity Areas
-  Full-Service Dining Options
-  Pet Therapy
-  On-site Assessments
-  Housekeeping Services
-  Outdoor Courtyards
-  Laundry & Linen Services

## OUR MISSION

### Holistic Care

Provide personalized, integrated care that considers the total well-being of guests and their families, surpassing expectations.

### Individualized Care

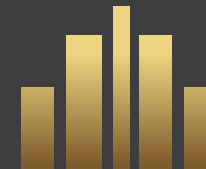
Foster an empathetic and respectful culture, dedicated to understanding and meeting individual preferences and needs to ensure guests feel at home and achieve optimal health outcomes.

### Going Beyond

Demonstrate genuine care by going beyond traditional caregiving, making the well-being of our guests our primary purpose.

**HEALTHCARE  
DONE RIGHT**

**CITADEL OF STERLING**  
105 E. 23rd St. • Sterling, IL 61081  
(815) 626-4264



*Citadel*  
OF STERLING

Visit us at [CITADELHEALTHCARE.COM](https://www.CITADELHEALTHCARE.COM) to learn more.

HOW HEALTHCARE **SHOULD** BE



## Citadel of Sterling has a contracted partnership with Veterans Affairs

Our contracted partnership with the Veterans Affairs (VA) extends our care and support to the honorable veterans who have served our nation. By working hand in hand with the VA, we aim to enhance the quality of life for veterans in need and ensure they receive the specialized care they deserve.



## SERVICES

We don't just offer care for you, *We care about you.*

### Cardiac Rehabilitation

Our medically supervised program aids cardiovascular health recovery post-heart attack, addressing conditions like coronary artery disease and heart procedures such as CABG. Personalized care plans, exercise, and education optimize well-being.

### Stroke Rehabilitation

With individualized treatment plans, intensive therapy sessions, and holistic care, our program aims to maximize patients' independence and enhance their quality of life. Our certified therapists offer specialized education, adaptive equipment, and technology, ensuring comprehensive support.

### Orthopedic Rehabilitation

Exclusive orthopedic rehab rooms cater to guests recovering from joint replacements or orthopedic surgeries. On-site therapists, available seven days a week, aid in goal achievement, providing personalized assistance and support during follow-up appointments.

### Pulmonary Rehabilitation

Designed for lung-related issues, our program combines exercise and education to manage conditions effectively. By reducing shortness of breath and enhancing daily life, we empower guests to cope with their lung diseases confidently.

### 24-Hour Nursing Care

With staff continually on site, guests can expect exceptional care around the clock. We have trained nurses available for wound care, medication management, complex and bariatric care.

### Short-term Rehab

Ideal for post-surgery recovery, our short-term rehab program maximizes functional capacity, enabling a swift return home. Skilled therapists provide targeted therapies, ensuring a quicker recovery process.

### Respite Stays

Providing short-term relief for caregivers, our respite care services cater to various care levels, including memory care and skilled nursing. It offers a break for caregivers while ensuring a safe and supportive environment for their loved ones.

### Hospice Care

Our specialized hospice care prioritizes comfort and dignity for guests during advanced illnesses, allowing them to embrace each day to the fullest, supported by our compassionate staff.

### Palliative Care

Focused on enhancing quality of life, our palliative care team offers compassionate support, relieving suffering, and respecting guests' values and preferences throughout their disease progression.

### Alzheimer, Dementia & Memory Support

Experience unparalleled care for individuals with Alzheimer's and related dementias through specially trained staff offering memory loss and socialization. Our holistic services include advanced therapies, stimulating activities, and family support in a secure, home-like atmosphere.

### Long-term Care

Our 24/7 clinical support caters to long-term residents' needs, offering assistance with daily activities, medication management, wound care, and restorative therapies, fostering a supportive and comfortable living environment.

