MEMORY CARE

Whites Creek Wellness & Rehabilitation Center

3425 Knight Dr, Whites Creek, TN 37189

ABOUT

Whites Creek Wellness & Rehabilitation Center is a memory care community in Whites Creek, Tennessee 37189, providing memory care for older adults in the Whites Creek area.

For individuals and families searching for memory care Whites Creek, Whites Creek Wellness & Rehabilitation Center is an option serving the 37189 area of Whites Creek. Memory care is a specialised residential setting for people living with Alzheimer's disease or another form of dementia. It offers a secure, structured environment with staff trained in dementia care, layouts designed to reduce confusion, and routines built to support memory and reduce distress.

Families researching Alzheimer's care Whites Creek, dementia care Whites Creek, or senior care Whites Creek can use this listing to find the community and make contact. Memory care communities typically provide round-the-clock supervision by dementia-trained staff, secured entrances and outdoor areas, help with all personal care, medication management, and therapeutic activities intended to support cognition, routine and engagement. Families are usually involved in building the individual care plan.

Whites Creek Wellness & Rehabilitation Center may also be relevant to families comparing memory care options across Whites Creek and the wider Tennessee area. Contacting the community directly is recommended to confirm current availability, pricing, the levels of care offered, and whether it suits the individual's needs.

SERVICES

- Secured dementia care
- Trained staff
- Structured daily routine

CONTACT

Phone 615-876-2754

Web https://www.whitescreekctr.com/

uborahealth.com

Details are drawn from published provider data and may change. Confirm availability, services and costs with the provider directly.

Ubora Health

VISIT CHECKLIST

Whites Creek Wellness & Rehabilitation Center

Take this with you. Tick what you see, write down what you are told, and ask the same questions everywhere so visits can be compared afterwards.

WHAT TO LOOK FOR

- [ ] Is the building clean and free of odour?
- [ ] Are residents up, dressed and engaged?
- [ ] Do staff speak to residents by name?
- [ ] How long do call bells ring before someone comes?
- [ ] Are bathrooms accessible, with grab rails?
- [ ] Is there safe outdoor space residents can use?
- [ ] Did you eat a meal, and was it good?
- [ ] Were you shown the actual room, not a model?

WHAT TO ASK

- [ ] What is the staff ratio, day, evening and overnight?
- [ ] How many staff are awake overnight?
- [ ] What was staff turnover last year?
- [ ] What is included, and what costs extra?
- [ ] What would trigger a fee increase?
- [ ] What would mean my relative has to leave?
- [ ] How and when will you contact me?
- [ ] May I see the last inspection report?

NOTES

Date visited / spoken: _____ Full listing: https://www.uborahealth.com/care-centers/whites-creek-wellness-rehabilitation-center-37189