



## Our Philosophy Statement

Peace of Mind of Duluth, Inc. is dedicated to providing quality services to individuals with brain injuries and physical disabilities by promoting a normalcy of life in a home-like environment and community involvement.

## About Us

We believe that residents' care and services should be managed by professionals with adequate training. Our interdisciplinary team includes registered nurses, a licensed social worker, a registered dietician, and qualified managers.

Peace of Mind values the importance of having properly trained and competent caregivers. With the collaboration of all professionals, we have competent caregivers who are trained and evaluated on an on-going basis to maintain competency in a variety of areas.

In addition, there is a registered nurse available twenty-four hours a day to meet the needs of residents, their families, and/or caregivers.

Also, due to our professional foundation of registered nurses, Peace of Mind is able to meet and provide care and services for more medically complex residents.

## Resident Services Provided

- Twenty-four hour care and supervision

There is at least two caregivers on-duty during busy activity hours and during the other times there is at least one caregiver. Night staff is awake for their shift for any residents that may need assistance during the night.

- Nursing assessment and care

Registered nurses are on-duty to provide comprehensive services and develop programming and services. There is a registered nurse available twenty-four hours a day.

- Behavior management/conflict resolution

All caregivers at Peace of Mind have been properly trained in behavior management by professionals with extensive experience and competency.

- Individualized programming

Care plans and programming focuses on activities of daily living, fine/gross motor skills, cognitive development, socialization, and behavior management to promote independent living.

- Daily individual and group activities

There are a variety of activities within the home and community that are implemented on a daily basis.

- Transportation

Peace of Mind will provide transportation to and from all individual and group activities as needed.

- Meal plans prepared by registered dietician

To meet the dietary requirements and any restrictions of residents, our registered dietician provides assessments of residents and assists in meal planning.

- Routine physical exercise

With the consultation of exercise professionals, resident will be able to safely participate in routine physical exercise.

- Relaxation exercises

Peace of Mind incorporates music therapy, breathing exercises, imagery, and other relaxation methods to assist residents in a positive manner.

- Money management and budgeting

If residents need assistance with money management and budgeting, Peace of Mind has plans, policies, and procedures to promote resident involvement, proper bookkeeping, and safekeeping of money.

- On-going education and support

Our professional staff provide comprehensive, on-going education and support to residents, their families and friends.

Peace of Mind of Duluth, Inc. is looking to make a difference now and in the future for individuals with brain injuries, physical disabilities and their families. By choosing our home, you will be assuring that you and/or your loved one will be receiving quality, comprehensive care in a friendly home-like environment.

Peace of Mind of Duluth is raising the standards of adult foster care. We invite you to come and let us make a difference in your life.



Peace of Mind of Duluth, Inc. is a licensed adult foster care provider specializing in the care of individuals with brain injuries and physical disabilities. Peace of Mind is owned and managed by three registered nurses with over fifty-five years of nursing experience. We believe such a professional foundation is essential in providing care and comprehensive services to individuals and their families.

Peace of Mind of Duluth is raising the standards of adult foster care. Please read this brochure, explore our website, and contact us for more information on how we can make a difference in your life.

**Peace of Mind of Duluth, Inc.**

**Resident Community Care Setting**

**Mailing Address:**

**1346 West Arrowhead Road  
#378**

**Duluth, MN 55811**

**Phone: 218 728 3018**

**[www.peaceofmindduluth.com](http://www.peaceofmindduluth.com)**

**Peace of Mind of Duluth, Inc.  
Residential Community Care Setting**

**Home Locations:**

**3416 East Superior Street  
Duluth, Minnesota 55804**

**5765 Old Miller Trunk Highway  
Duluth, MN 55811**

**903 Redbud Street  
Duluth, MN 55811**

**225 West Morgan Street  
Duluth, MN 55811**

**4504 Woodland Avenue  
Duluth, MN 55803**

**4805 Glenwood Street  
Duluth, MN 55803**

