

# RIGHT-SIZED ASSISTED LIVING



## OPTION 1: SERVICE ENRICHED INDEPENDENT LIVING

### Your Home

- Private studio apartment
- Kitchenette with a refrigerator and microwave
- Bathroom with walk-in shower
- Individually controlled heating/cooling system
- Emergency Response System & personal pendant
- Wired for cable TV, internet & phone
- Apartment maintenance & utilities

### Entertainment & Enrichment

- Lively community spaces designed for socializing, enrichment & entertainment
- EnrichedLIFE experiences & adventures
- Scheduled transportation services in the community van for social outings & shopping

### Dining

- Three meals daily in our dining room
- Award-winning Brain Healthy Cooking Program

### Wellness and Supportive & Services

- Health Assessment & development of Individual Service Plan
- Certified Resident Care Associates available 24 hrs/day
- On-site Wellness Nurse for discussion, counseling & semi-annual health assessments
- Occasional cueing & reminders
- Flat linen (sheets & towels) as well as one load of personal laundry per week
- Weekly light housekeeping

## OPTION 2: ASSISTED LIVING SERVICES PROGRAM

*Everything in option 1, plus the following if applicable.*

- Staff assistance with up to 2 ADLs (Activities of Daily Living) each day, which could include:
  - Dressing,
  - Bathing,
  - Grooming,
  - Oral hygiene,
  - Resident initiated assistance with toileting

## OPTION 3: ENHANCED ASSISTED LIVING SERVICES PROGRAM

*Everything in option 1 & 2, plus the following if applicable.*

- Staff assistance with 3 - 4 ADLs per day
- Personal care assistance following occasional episodes of self-managed urinary incontinence

## OPTION 4: ENHANCED ASSISTED LIVING PLUS

*Everything in option 1, 2 & 3, plus the following if applicable.*

- Staff assistance with 5+ ADLs per day
- Stand-by and/or physical assistance from community caregivers with routine transferring
- Safety escorts to meals & activities