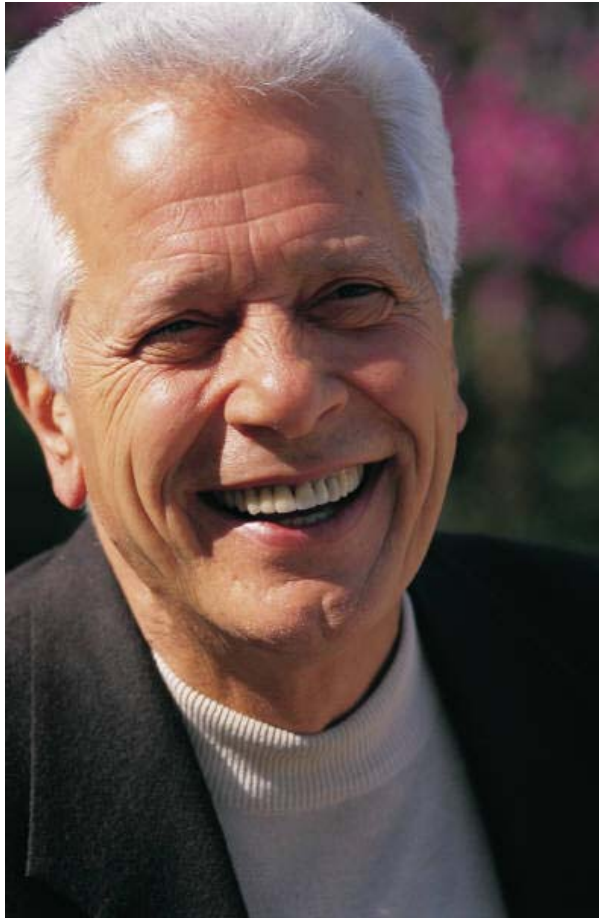


SENIOR HOUSING GUIDE

for the Livingston County Area

RESEARCH YOUR OPTIONS...



KNOW YOUR NEEDS...



CHOOSE YOUR HOME...



HOW TO ACCESS PRIVATE HOMES, CONDOMINIUMS, APARTMENTS, INDEPENDENT LIVING, ASSISTED LIVING, ADULT FOSTER CARE HOMES, NURSING HOMES, REHABILITATION AND ALZHEIMER FACILITIES IN THE LIVINGSTON COUNTY.

Where do I start?

Choosing housing that meets your specific needs can be a very difficult and overwhelming task. As you know “housing” can mean a variety of things; privately owned homes or condominiums, senior apartments, retirement communities, assisted living, nursing homes and adult day care. In addition, there may be services and amenities to consider. The Senior Housing Guide for Livingston County is intended to assist both seniors and their caretakers work through the process. There are four sections to the guide:

Section 1: A glossary defining the general types of housing you may be considering.

Section 2: An inventory of the specific housing facilities per category with price range and general location.

Section 3: Checklists for you to use when visiting a particular facility.

Section 4: Information on accessing additional resources available in the community that go beyond housing; medical needs, government services, transportation, recreation, etc.

This guide may lead to some difficult questions, but in the end we hope it leads you to the help you need.

Sincerely,

Mark Swanson
Howell Senior Center

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GLOSSARY OF HOUSING TERMS

HOMES, CONDOMINIUMS, AND MANUFACTURED/MOBILE HOMES

- The average sales price of a home in Livingston County is \$242,000.00. However, a wide range of prices are available, depending on size and location, with prices starting at approximately \$105,000.
- The Livingston County Association of Realtors at 517-546-8300 can assist you with additional information or locating a realtor. A complete listing of homes is available on their website at www.lar-michigan.com.
- Manufactured and mobile homes on real property, meaning not on a rented lot, are listed at www.lar-michigan.com. Additional manufactured and mobile home listings can be found in the classified sections of The Livingston County Press & Argus, The Ann Arbor News, and The Detroit Free Press.

APARTMENTS & SUBSIDIZED HOUSING – Listing on Page 3

- Rental units of various sizes within the community at large. Seniors residing in apartments are generally able to live independently. Assistance with meals, housekeeping, laundry, etc. must usually be obtained from private or community service agencies. Apartment complexes offer a wide variety of amenities such as a swimming pool, recreational facility, clubhouse, carport or garage.
- Some complexes participate in a rental subsidy for low income seniors. The listing provided in this guide includes all apartment complexes in Livingston County with over 20 units; senior and non-senior; subsidized and non-subsidized.
- Additional apartment listings can be found in the classified sections of The Livingston County Press & Argus (The Green Sheet), The Ann Arbor Press, and The Detroit Free Press.

INDEPENDENT LIVING – Listing on Page 8

- Senior housing complexes offer rental units of various sizes along with elegant living amenities and supportive services such as meals, laundry, housekeeping, transportation and activities usually included in a monthly fee.
- Senior complexes often offer a range of options from independent to assisted living.
- **Continuing Care Retirement Community (CCRC)** - Full service communities offering a long-term contract that provides for a continuum of care, including independent, assisted living and nursing services, all on one campus. Some communities require that a long-term contract be signed prior to admission, which guarantees housing and services for as long as the resident lives, regardless of his/her health. This usually involves a large entrance fee (which may range from \$20,000 to \$100,000) in addition to monthly fees.

GLOSSARY OF HOUSING TERMS (CONTINUED)

ASSISTED LIVING – Listing on Page 9

- Provides a combination of rental units of various sizes for seniors who are able to live relatively independently, but require help with activities of daily living (dressing, bathing, grooming, medicating, etc.).
- Most assisted living facilities include basic services such as meals, laundry, housekeeping, activities and transportation in the base rental price and charge a fee for each additional service such as personal care and medication monitoring.

ADULT FOSTER CARE (AFC) HOMES – Listing on Page 10

- Facilities provide basic services such as room and board, and assistance with medications and activities of daily living (dressing, bathing, grooming, etc.), generally serve individuals who require 24 hour supervision for health and/or safety reasons.
- Vary in size and available services and rates may vary depending upon level of care provided.
- Licensed and regulated by the Michigan Department of Consumer & Industry Services-Bureau of Regulatory Services.

NURSING/REHAB & ALZHEIMER'S – Listing on Page 14

- Residential facilities licensed and regulated by the Michigan Department of Consumer & Industry Services-Bureau of Health Systems to provide a range of services for individuals who require short-term or ongoing care.
- Services range from basic (room and board and assistance with activities of daily living) to skilled (basic services plus professional care services from a nurse and/or therapist).
- Some also provide sub-acute services for individuals requiring skilled services recuperating from an acute illness or injury who intend to return to a different place of residence at some point in time.
- **Alzheimer's facilities** offer specialized programs for residents suffering from Alzheimer's disease or offering forms of memory loss. These programs can be offered by Residential, Assisted Living or Nursing facilities.

Apartments and Subsidized Housing

Apartment Name	Contact	Income Subsidized (YES/NO)	Senior Complex (YES/NO)	Other	Price Range
Brighton Cove Apartments City of Brighton	810-229-8277 Phone	N	N		\$565-\$630
Burwick Farms Apartments 525 W Highland Rd City of Howell	517-548-5755 Phone 517-548-5118 Fax www.equityapartments.com	N	N	Barrier free units available.	\$790-\$1075
Brighton Glens City of Brighton	810-229-2727	N	N		\$560-\$780
Byron Terrace 607 Byron City of Howell	517-546-3396 Phone 517-545-2508 Fax	N	N		\$525-\$539
Country Glen 600 Warbler Wy. City of Howell	517-546-5592 Phone	Y	Y	Senior, handicapped and/or disabled. Includes heat and water. Barrier free units available.	\$343-\$560
Fenton Heights Tyrone Township	810-629-7667 Phone	N	N	Handicap unit available.	\$525-\$795

Garden Lane Apartments Village of Fowlerville	248-685-3709 Phone	N	N	Handicap unit available.	\$650
Apartment Name	Contact	Income Subsidized (YES/NO)	Senior Complex (YES/NO)	Other	Price Range
Glenwood Apartments 797 Hazelnut Village of Fowlerville	517-223-0144 Phone 517-223-1060 Fax	Y	Y	Includes heat and water. Senior, handicapped, and/or disabled. Barrier free units.	\$385-\$588
Glens at Rolling Ridge 3998 Audrey Rae Ln. Howell Area (Genoa Township)	517-552-7868 Phone 517-552-7869 Fax	N	N	Barrier free units available.	\$699-\$875
Golden Triangle Apartments City of Howell	517-546-1804 Phone	N	N	Includes heat.	\$625-\$725
Grand Plaza Apartments City of Howell	517-546-7773 Phone	N	N		\$535-\$635
Greenwich Village 428 Greenwich Dr City of Howell	517-548-0031 Phone 517-548-0077 Fax	Y	N		\$350-\$460
Great Lakes Non-profit Housing Corporation Brighton, Fowlerville, and Howell areas	517-223-8695 Phone	Y	N	Barrier free units Available. Some include heat.	\$550+

Hibner Road Apartments 38705 W 7 Mile Rd, Ste 400 Livonia Hartland Township	734-953-0200 Phone 734-953-0013 Fax kvanaken@windstarmail.com	N	N	Handicap modified available.	\$675-\$750
Apartment Name	Contact	Income Subsidized (YES/NO)	Senior Complex (YES/NO)	Other	Price Range
Lakeshore Village Apartments 2812 Ontario Ct Howell Area (Genoa Township)	517-546-6567 Phone 517-546-5807 Fax	Y	N	Barrier free unit available.	40, 50, or 60% of median income
Lexington Manor City of Brighton	810-229-7881 Phone	N	N		\$539-\$679
Mallard Pond Oceola Township	517-540-6156	N	N	Ground floor units available.	\$895-\$1795
Meadow Glen Apartments 470 N Grand Village of Fowlerville	517-223-0144 Phone 517-223-1060 Fax	Y	Y	Includes heat and water. Barrier free units available.	\$409-\$632
Meadow View Duplexes Village of Fowlerville	248-685-3709 Phone	N	N	\$25 discount for Seniors	\$700
Mill Pond Manor Apartments City of Brighton	810-227-3780 Phone	Y	Y	Barrier free units available.	30% of income
Oakbrooke Apartments 1950 Oakbrooke Dr. Hartland Township	810-632-4800 Phone 810-632-6900 Fax	N	N	Barrier free units available.	\$750-\$955
	810-229-3303 Phone				\$699-\$805

Oak Tree Village 833 E Grand River City of Brighton	810-229-7721 Fax www.seniorhousing.net	N	Y (55+)	Assisted Living is also available through partner Independence Village of Brighton.	
Apartment Name	Contact	Income Subsidized (YES/NO)	Senior Complex (YES/NO)	Other	Price Range
Ore Creek City of Brighton	810-229-5167 Phone	N	N		\$635-\$710
Pine Hill Apartments 307 Holly Dr City of Howell	517-546-7660 Phone 517-546-0950 Fax pinehill@fourmidable.com	N	N		\$495-\$625
Prentis Estate Apartments Howell Area (Genoa Township)	517-546-8200 Phone	N	N	Includes heat and water. Barrier free units available.	\$580-\$800
Quail Creek Apartments 527 Greenwich City of Howell	517-548-3733 Phone 517-548-3759 Fax	N	N	Barrier free units available. Includes heat.	\$525-\$635
Rock Hill Duplexes Hartland Township	810-632-5834 Phone	N	N		\$575-\$675
Rolling Meadows Apartments Village of Fowlerville	517-223-3883 Phone	Y	N		\$388-\$486

Rolling Meadows Senior Apartments Village of Fowlerville	517-223-3883 Phone	Y	Y	Includes heat and water. Barrier free units available.	30% of income
Sunny Knoll Apartments 1333 W Grand River City of Howell	517-546-3396 Phone 517-545-2508 Fax	N	Y	Handicap units available.	\$495-\$550
Apartment Name	Contact	Income Subsidized (YES/NO)	Senior Complex (YES/NO)	Other	Price Range
Town Commons City of Howell	517-545-5930	N	N	Handicap units available. Trash and water included	\$795-\$1300
The Glens City of Brighton	810-229-2727 Phone	N	N		\$665-\$780
Village Place Apartments 1225 E Van Riper Village of Fowlerville	517-223-7445 Phone 517-223-7530 Fax	N	N	Barrier free units available.	\$595-\$655
Washington Square Apartments City of Howell	248-249-1491 Phone	N	N		\$650-\$690
Westbury Genoa Township	517-545-8100	N	N		\$1095-\$1695
Whitehills Apartments I 320 Alger St. City of Howell	517-548-3269 Phone	Y	N	Includes heat and water. Barrier free units available.	\$382-\$646
Whitehills Apartments II 320 Alger St.	517-548-3269 Phone	Y	N	Includes heat and water. Barrier free	\$380-\$615

City of Howell				units available.	
Woodland Lake Apartments Brighton Township	810-227-3710	N	N		\$525
Yorkshire Place Apartments City of Howell	517-546-5900 Phone	N	N	Barrier free units available.	\$665-\$820

INDEPENDENT LIVING

Independent Living Facility	Contact	Price Info	Additional Housing Options
Independence Village of Brighton 833 E. Grand River Brighton 48116	888-229-1242 Toll Free 810-229-9190 Phone 810-229-7721 Fax www.seniorhousing.net	\$1640-\$3100 Services & Amenities Included	Assisted Living
Independence Village of Brighton Valley 7700 Nemco Wy. Brighton 48116	810-227-7666 Phone 810-227-7302 Fax www.seniorhousing.net	\$2300-\$3670 Services & Amenities Included	Assisted Living
Oak Tree Village 833 E. Grand River Brighton 48116	810-229-3303 Phone 810-229-7721 Fax www.seniorhousing.net	\$699-\$805	Assisted Living available through Independence of Brighton.
Oakhaven Manor 1320 Ashebury Ln Howell 48843	517-548-9870 Phone 517-548-9872 Fax	\$985-\$1249 Packages of Services & Amenities available.	N/A
Village at Woodland 7533 Grand River Brighton 48114	810-844-7477 Phone 810-844-7444 Fax www.villagewoodland.org	\$1800-\$2850	Assisted Living

SURROUNDING AREA

Glacier Hills Life-Care Retirement Community 1200 Earhart Rd. Ann Arbor	734-913-0730 Phone 734-769-3092 Fax www.glacierhills.org	Call for details.	Provides a full continuum of care from independent living to nursing care.
Silver Maples of Chelsea 100 Silver Maples Dr. Chelsea	734-475-4111 Phone 734-475-4112 Fax www.silvermaples.org	Call for details.	

ASSISTED LIVING

Assisted Living Facility	Contact Info	Price Info	Additional Housing Options
Independence Village of Brighton 833 E. Grand River Brighton 48116	888-229-1242 Toll Free 810-229-9190 Phone 810-229-7721 Fax www.seniorhousing.net	\$1640-\$3100 Services & Amenities Included	Independent Living
Independence Village of Brighton Valley 7700 Nemco Wy. City of Brighton 48116	810-227-7666 Phone 810-227-7302 Fax www.seniorhousing.net	\$2300-\$3670 Services & Amenities Included	Independent Living
Town Commons Assisted Living Residence 605 Pere Marquette Rd Howell	517-540-1926 Phone	Call for details.	Specialized assisted living area for memory loss care.
Village at Woodland 7533 Grand River Brighton 48114	810-844-7477 Phone 810-844-7444 Phone www.villagewoodland.org	\$1800-\$2850	Independent Living

SURROUNDING AREA

Glacier Hills Life-Care Retirement Community	734-913-0730 Phone 734-769-3092 Fax	Call for details.	Independent Living and Nursing Care
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1200 Earhart Rd. Ann Arbor	www.glacierhills.org		
Silver Maples of Chelsea 100 Silver Maples Dr. Chelsea	734-475-4111 Phone 734-475-4112 Fax www.silvermaples.org	Call for details.	Independent Living

ADULT FOSTER CARE (AFC) HOMES

The following list was compiled from information provided by the Michigan Department of Consumer & Industry Services – Bureau of Regulatory Services. This guide contains only those licensed adult foster care homes that serve the aged and those with Alzheimer’s. Please be advised that these homes may serve other populations as well. A complete and updated listing by county may be accessed on The State of Michigan website at www.cis.state.mi.us/brs_afc/sr_afc.asp or by contacting the Jackson office at 517-780-7159.

AFC Facility	Licensee & Contact Info	Alzheimer’s (Y/N)
A Home Away From Home 807 E Grand River Fowlerville	Julia Schellenberg 517-223-8312	N
Adult Assisted Living for Seniors 8470 Parshallville Fenton	Nancy Posey & Theresa Posey 810-632-7760	Y
Apple Blossom Hill 10150 Clyde Rd Fenton	Apple Blossom Hill Inc. 810-632-5632	N

Apple Blossom Hill II 10868 Hibner Rd Hartland	Apple Blossom Hill Inc. 810-632-5632	Y
Ashley Court 7400 Challis Rd Brighton	Ashley Court Of Brighton Inc. 810-225-7400	Y
Autumn View Assisted Living 4300 Hogback Rd Fowlerville	J & B Haller Inc 517-223-9504	N
AFC Facility	Licensee & Contact Info	Alzheimer's (Y/N)
Care-A-Lot 16100 Arnold Rd Gregory	Paula McGlothen 734-498-2541	Y
Castles AFC Home PO Box 170 250 E Main St Pinckney	Castles AFC Homes Inc. 734-878-4783	N
Country Home 4330 Hogback Rd Fowlerville	Freda Mae Eagle 517-223-9042	Y
Devonshire Manor 891 Devonshire Blvd Brighton	Tamyra Rychlinski 810-220-4516	Y
Echo Valley Foster Care 3435 Jewell Rd Howell	Kathleen Schoenbeck 517-546-1175	N

Fenton Assisted Living 6077 Linden Fenton	Nancy Posey & Theresa Posey 8810-750-0891	Y
Geer Adult Foster Care PO Box 406 7988 Sharpe Rd Fowlerville	Margaret Geer 517-223-3514	N
Geer AFC Home 216 South Collins Fowlerville	Morna Geer 517-223-8770	N
AFC Facility	Licensee & Contact Info	Alzheimer's (Y/N)
Hartland Assisted Living 5978 Cullen Rd Fenton	Nancy Posey & Theresa Posey 810-632-5165	Y
Howell Manor 200 Burkhart Rd Howell	Effort Inc. 517-546-9398	N
Hughes Care Home 6035 Cedar Lake Rd Pinckney	Kimberly Hughes 734-878-0836	Y
Jana's Someplace Special Inc. 205 Francis Rd Howell	Jana's Someplace Special Inc. 517-546-1275	Y
Kay D's Elderly Care Home 51 Endicott Howell	Kay Brauer 517-545-1737	N

Korff AFC 222 Hacker Rd Brighton	Sharon Korff 810-229-6525	N
Kracht AFC 6027 Pine Oaks Trail Brighton	Pamela Kracht 810-227-5217	N
Lorimer Residential Care 2445 Murray Hill Hartland	James & Margaret McIntyre 248-887-5921	Y
Ludtke House 511 E Grand River Fowlerville	J & B Haller Inc. 517-223-9716	N
AFC Facility	Licensee & Contact Info	Alzheimer's (Y/N)
Nesbit AFC Home 148 Eastdale Howell	Barbara Nesbit 517-546-0313	N
Peaceful Acres 1933 Swarthout Pinckney	Benjamin Howlett 734-878-3343	N
Reece Care Home 11975 W Moyer Rd Webberville	Zella & Christopher Reece 517-468-1645	N
Sacred Heart Adult Care Home 19251 Doyle Rd Gregory	Allen & Catherine Hoard 734-498-2277	N

Sanctuary 6387 Denton Hill Fenton	Joshua Chelf 810-714-0315	N
St Michael's AFC 11131 Garrett Dr Fowlerville	Gattoni Yamilette 517-223-2001	N
Staggs Care Home 6073 Cedar Lake Rd Pinckney	Ruth Staggs	Y
Tanglewood Assisted Living Inc. 19086 Tipsico Lake Fenton	Tanglewood Assisted Living Inc 810-750-2833	Y
White's Estate 10091 Stelzer Howell	Judith White & Robert White 517-546-0615	Y

NURSING/REHAB & ALZHEIMER'S FACILITIES

Nursing/Rehab Facility	Contact Info	Alzheimer's Facility (YES/NO)
Ashley Court 7400 Challis Rd Brighton 48116	810-225-7400 Phone 810-225-8281 Fax	YES Specializes In Memory Impaired
Howell Care Center 3003 W Grand River Howell 48843	517-546-4210 Phone 517-546-7661 Fax	YES
Medilodge of Howell 1333 W Grand River Howell 48843	517-548-1900 Phone 517-548-0109 Fax	YES Specializes in Memory Impaired

SURROUNDING AREA

Northfield Place 8633 Main St Whitmore Lake	734-449-4431 Phone 734-449-5505 Fax	YES Specializes in Memory Impaired
West Hickory Haven 3310 W Commerce Rd Milford	248-685-1400	
South Lyon Home of Compassionate Care 700 Reynold Suite Pkwy S. Lyon 48178	248-437-2048 Phone 248-437-8556 Fax	YES

Note: Specialized care for those with Alzheimer's or other memory impairments is also available through some Adult Foster Care Homes and Assisted Living Facilities. Please refer to those listings in this guide.

HOME CARE & HOSPICE

The following lists includes companies that provide licensed health care services in the home and companies who provide non-medical assistance with such tasks as bathing, dressing, meal preparation and transportation. **Hospice** care may be provided in the home or a senior care facility. Services may include pain management and a variety of emotional, spiritual and physical support issues. Medicare and Medicaid can provide financial assistance in some cases.

Home Care & Hospice Organization	Contact	Home Care (YES/NO)	Hospice/Home Care (YES/NO)
At Home Dental Services	810-231-9855 Phone	YES	NO
Chelseacare Home Health Chelsea	734-475-4190 Phone 475-4191 Fax	YES	NO
Family Nurse Care	810-229-0300 Phone	YES	NO

Brighton	810-229-6877 Fax		
Family Home Care Brighton	810-229-5683 Phone 810-229-6877 Fax	YES	NO
Innovations Home Care Nursing Services Brighton	810-227-7544 Phone 810-227-0810	YES	NO
St. Joseph Mercy Livingston Home Care and Hospice Howell	517-540-9000 517-540-9001 Fax	YES	YES
Metro Home Health Care Services Howell	517-545-7740 Phone 517-545-9290 Fax mhhcphowell@sbcglobal.net	YES	NO
UM Home Health Care/ Home Med Ann Arbor	800-862-2731 Phone 734-971-2221 Fax	YES	NO
Home Care & Hospice Organization	Contact	Home Care (YES/NO)	Hospice/Home Care (YES/NO)
Visiting Physicians Ann Arbor	888-742-0298 Phone	YES	NO
Angela Hospice Livonia	734-464-7810 Phone 734-464-6930 Fax angelahospice@juno.com	NO	YES
Arbor Hospice & Home Care Ann Arbor	734-662-5999 x1 24 hour Intake Line 888-992-2273 Toll Free 734-332-7827 Fax www.arborhospice.org	NO	YES
Odyssey Health Care Southfield	800-428-3441 Toll Free 248-356-5070 Phone	YES	YES

	248-356-6262 Fax		
McLaren Visiting Nurse & Hospice Flint	810-732-3131 Phone 810-732-6282 Fax www.mclaren.com	YES	YES
Hospice of Michigan Detroit	888-466-5656 Toll Free www.hom.org	YES	YES

ADULT DAY CARE & RESPITE

- Provides supervised activities for frail older adults who are socially isolated, confused, experiencing memory loss, or have a physical impairment and respite for the participant's caregiver either in the home or community setting.
- Individuals can choose the length and frequency of their program visits and care may be from a few hours to several weeks.
- There are currently no Adult Day Care Centers in Livingston County.

Organization	Phone	In Home or Facility Based	Overnight (Y/N)
AAA-1B	800-852-7795	Both	Y

Adult Assisted Living For Seniors (Posey's Senior Care Home)	800-427-6298	Facility	Y No minimum stay required
Ashley Court	810-225-7400	Facility	Y No minimum stay required
Innovations Home Care	800-765-7544	Both	Y
Interfaith Volunteer Care Givers (Livingston County Catholic Social Services)	517-545-5944	Home	N
OLHSA (Oakland Livingston Human Service Agency)	517-546-8500	Home	N
Town Commons Assisted Living	517-540-1926	Facility	Y Minimum two-week stay required
Village at Woodlands	810-844-7477	Facility	Y Call for details

CHOOSING A RETIREMENT/INDEPENDENT LIVING COMMUNITY

You may want to consider living in an independent living senior community if several of the following statements apply to you:

- | | |
|---|---|
| <input type="checkbox"/> You want to remain independent. | <input type="checkbox"/> You would like planned social and recreational activities. |
| <input type="checkbox"/> You have concerns about your health. | <input type="checkbox"/> You would like transportation service available. |
| <input type="checkbox"/> Emergency medical help is important to you. | <input type="checkbox"/> You would like meals prepared for you. |
| <input type="checkbox"/> Housekeeping assistance would be helpful to you. | <input type="checkbox"/> You are willing to move from where you live now. |
| <input type="checkbox"/> You would like assistance with home maintenance and repairs. | <input type="checkbox"/> You are willing to have less living space in order to receive services such as prepared meals, |
| <input type="checkbox"/> You would like assistance with some outdoor | |

- maintenance.
- You would enjoy the opportunity to meet new people in a social setting.

- maintenance, and housekeeping.
- You would feel safer if you moved somewhere else.
- You would feel safer if you lived with other older adults in a community setting.

Things to consider when visiting a Retirement/Independent Living Community:

- Request a resident to be your tour guide.
- Have lunch with the residents.
- Make sure you tour the entire facility.
- If available and your schedule allows ask to stay overnight in a guest suite.
- What was your feeling when you toured the community?
- Was there activity in the main lounge, activities room, exercise facilities, library or other common areas?
- Was mealtime in the dining room pleasant?
- Are carpets and furniture clean?
- Are amenities operating?
- Was staff friendly and respectful? Did they know residents by name? Are they experienced?
- Are common areas and apartments designed so you can live as easily and independently as you would like?
- What percentage of the apartments has been rented and is occupied?
- Does the facility have a good reputation in the local community?

CHOOSING AN ASSISTED LIVING RESIDENCE OR ADULT FOSTER CARE HOME

You will want to tour several different Assisted Living facilities before making your final decision. Because the facility of your choice may have a waiting list, it will be important to begin looking before the need arises. When trying to compare residences you should determine what is included in the monthly rent and what are the additional services charged as a la cart items.

How does Assisted Living differ from other senior housing?

Assisted Living becomes an option for seniors when they are no longer able to continue to live independently, but they don't need nursing care on a daily basis. These facilities provide more health care services than most independent living retirement communities and usually have 24-hour security and on-site staff.

Things to consider when visiting an Assisted Living Community:

In General:

- Are staff visible and available to residents? Are they friendly, professional and experienced?
- Are you able to talk with residents? Do they socialize with each other and appear happy and comfortable?
- Is there a safe and accessible outdoors area for walking and congregating?
- Are visits with the residents welcome at any time?
- Is the residence clean, free of odors and appropriately heated/cooled?
- Does the residence meet local and/or state licensing requirements?
- Is the community well-designed for resident's need?
 - Is the floor plan easy to follow?
 - Are doorways, hallways, & rooms accessible to wheel chairs and walkers?
 - Are elevators available?
 - Are handrails available?
 - Are cupboards and shelves easy to reach?
 - Are the floors of a non-skid material and carpets firm?
 - Does the residence have good natural and artificial lighting?

Medication/Health Care:

- What is the residence policy regarding storage of and assistance with medication; training and supervision of staff; and record keeping?
- Can residents manage their own medications?
- Who coordinates visits from a nurse, physical therapist, occupational therapist, etc.?
- Is the staff available to assist those with memory, orientation or judgment loss?
- Does a physician or nurse visit the resident regularly to provide medical checkups?
- What is the procedure for responding to a medical emergency?

Things to consider when visiting an Assisted Living Community (continued):

Services:

- Is staff available to provide 24-hour assistance with activities of daily living (ADLs)? ADLs include: dressing; eating; mobility; hygiene and grooming; bathing; toileting and incontinence; using the telephone; shopping; and laundry.
- Does the residence provide housekeeping services in residents' units? Are linens provided? On a daily or weekly basis?
- Is transportation available to doctors' office and other activities?
- Are pharmacy, barber/beautician and/or physical therapy services offered on-site?

Features of Individual Units:

- Are different sizes and floor types available?
- Are residents able to bring their own furnishings?

- Are units for single and double occupancy available?
- Can residents lock their own door?
- Is a 24-hour emergency response system accessible from the unit?
- Are bathrooms private with handicapped accommodations?

Social and Recreation Activities:

- Is there evidence of organized activities and programs: a posted daily schedule; events in progress; visitor hours; etc?
- Do residents participate in the neighboring community?
- Do volunteers, including family members, come into the residence to help with or conduct programs?

Food Service:

- Does the residence provide three nutritionally balanced meals a day, seven days a week?
- Are snacks available throughout the day and evening?
- May a resident request special food?

and what may they bring?

- Do all units have a telephone and cable TV connection? How is billing handled?
- Is a kitchen area provided?
- May residents keep food in their units?
- May residents smoke in their units? Are there designated smoking areas in the facility?

- Does the facility require residents to undertake any chores or perform specific activities that benefit all residents?
- Are residents' pets allowed? Who is responsible for their care? Is an additional security deposit required for pets?
- Does the facility have pets?

- Are common dining areas available?
- May residents eat meals in their units?
- May meals be provided at a time a resident would like or are there set times?

CHOOSING A NURSING/REHAB FACILITY

Use the following checklist to heighten your awareness of what to look for as you assess various homes. If possible, both the family and the older person should be involved in the decision-making process. The more an older person participates in the planning process, the better he or she will be able to adjust to the new environment.

How to tour and review a facility:

- Talk with staff from various departments; nursing, dietary, social services, activities and administration.
- Talk with residents and their families.
- Make an appointment to tour the facility and later make an unannounced visit at a different time on a different day.
- Consider the overall feel of the facility and let your senses guide you during your visit.

- Pick up a copy of the facility's Admissions Agreement. Read it carefully and mark any areas you don't understand or are concerned with. Ask the social services director or administrator to explain these areas.
- Ask for a copy of the Nursing Home Residents' Bill of Rights and familiarize yourself with it.
- Ask to review the facility complaint records and annual inspection report.
- Use the following checklist during your tour.

Things to consider when choosing a nursing/rehab facility:

Outside and Overall Environment:

- Does the facility have ample outside lighting?
- Is staff present when residents are outside?
- Are special considerations taken in the design of the outside areas for residents with memory loss or orientation issues?
- Are exits clearly marked?
- Is there someone at the front entrance to greet and sign in visitors?
- Is there ample parking space for visitors?

Medical Care:

- How does the home assure regular medical attention?
- How often do physicians visit?
- Is there on-site physical, occupational, and speech therapy?
- What is the staff-to-resident ratio?
- Are there regular nursing in-service and educational programs for staff?
- What is the turnover rate for nurses and nurses assistants?

Things to consider when choosing a nursing/rehab facility (continued):

Interior Space and Rooms:

- Are rooms clean, cheerful and have adequate lighting?
- Is the building free of odors throughout?
- Are emergency pull cords accessible in the resident's room and adjoining bath?
- Does the facility or family furnish the room?
- In shared rooms does each resident have private space, room for individual belongings and space for visitors?

Community Living Space:

- Do residents have access to common areas throughout the building?
- Are residents limited to the common areas on their wing or floor?
- Can families reserve rooms for private parties or meetings?

Dining:

- How are dining rooms staffed?

- How are room changes and roommate concerns addressed?

Activities:

- Where are the majority of activities held?
- Are activities tailored to different resident groups?
- Can residents attend activities outside the facility?
- Are there structured activities on weekends and evenings?
- Are residents personally encouraged to participate in activities?
- Are there established visiting hours?
- How are activities broadcast to residents?

Religious Affiliation:

- Are various religious services held?
- Is there a Chaplain/Rabbi on staff?

- Are snacks available upon request?
- Can families be present during meal time? Can they purchase meals?
- Are residents permitted to have food/snack in their rooms?
- Is there a set mealtime, or a range of meals hours?
- Are seating arrangements flexible?

Resident self-determination:

- Does the facility have an active resident and family council?
- Are there support groups sponsored by outside agencies?
- Are residents encouraged to participate?
- Is there someone on staff to address resident's concerns or complaints?
- How are discharge plans developed for residents returning to the community?

CHOOSING HOME CARE SERVICES

Questions to ask before choosing home care services:

- Does Medicare certify the agency?
- Does the agency have a contact with your insurance/HMO?
- Does the agency bill insurance provider directly?
- What type of training, supervision and monitoring does it provide its staff?
- Does the agency develop a plan of care and how often is it reviewed?
- Does the agency provide family with training on high-tech equipment in the home?
- Is there a 24-hour emergency contact for questions or complaints?
- How does the agency assure that staff are available for the requested times?
- How does the agency insure consistency of care providers?

- Does a nurse conduct an initial assessment and is there an additional cost for this?
- Is there a charge for canceling a scheduled day?
- How does the agency screen their staff? Are criminal checks completed?

If you are hiring a home care worker not affiliated with an agency, it is important to:

- Check references
- Check with any State Licensing Boards
- Have a back-up plan for when the worker is sick or on vacation.

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In Service to Seniors,

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Contact LCHelpNow! at 517-548-0211 with any comments, corrections, or additions.