



Cinnamon Park FAQ

- **What is assisted living?**

Assisted living is different from long term care. The model of care in assisted living is more in line with how you might lead your life in your own home. Residents are able to direct the planning of their daily activities according to their own interests and needs. Although they may need some assistance with dressing, bathing or other personal activities, they retain their dignity and independence. Resident centered plans of care are built on strengths and clearly identify how and when assistance is needed. Assisted living residences are licensed by the State Health Department and receive regular assessments of levels of safety, care and services.
- **What is included in the rent payment?**

Basic support services include home-cooked meals, snacks, housekeeping, laundry and activity programming. Medication monitoring or administration is provided according to individual need. Residents must be independently mobile. We will remind residents of meals, activities, personal care, help them get dressed, and help them with their showers. Please see the Consumer Information Sheet for more details.
- **How much is the rent?**

Effective July 1, 2013, room, board and services base rates for a private room are \$3,350.00/month and for a private room with a private bath are \$3,150.00/month. These amounts include all of our base rate services. Additional levels are available for an additional fee. We accept Private Pay, private long term care insurance and Medicaid Approved Waivers. If you qualify for Medicaid waiver your rent is determined by your income. See the Rate Sheet and Guide to get help from Medicaid to pay for AL for details.
- **Does Medicare pay for assisted living?**

No, Medicare does not pay for assisted living services. Assisted Living is either private pay by the resident or family or by the Colorado Medicaid Waiver program although residents are still responsible for their portion of the room and board. Long term care policies are becoming more common and can help pay for assisted living. Medicaid is a State program for those residents who financially and functionally qualify. See the Guide to Help You Pay for Assisted Living located on the Senior Housing Options website under the resource center tab for more information.
- **Is Veteran's Assistance available?**

Veteran's Assistance may be available for veterans and their spouses living in an assisted living community. To qualify, a resident must have been honorably discharged and served 90 days on active duty with at least one of those days served during wartime. For more information, call the Veterans Hotline toll free number 1-800-252-8387. For more information visit the VA Aid & Attendance information on the resource center tab of our website.

- **What kinds of support services are offered?**

Support services such as home health nurses, physical therapists, occupational therapists, hospice services and counseling are coordinated in an atmosphere that promotes a personal sense of safety and well-being. Your personal physician and you decide which services are appropriate and we will make the arrangements.

- **What types of accommodations do you have?**

Cinnamon Park offers private bedrooms with a private half bath. We also offer companion rooms where the bathroom is shared. All rooms are lockable with locking bathroom drawers. Each room has individual thermostat controls along with an emergency call system in the room and bathroom. The common living rooms offer an opportunity to engage in group activities, visit with family and friends, or engage in the many independent hobbies that are available. Cable is available in the living room areas.

- **How many residents do you have?**

We have 48 residents. Cinnamon Park has two adjacent houses serving 24 residents. Each house has its own dining room. There are walk paths between the houses. Group activity events alternate between the two houses and residents are encouraged to enjoy the amenities of each house.

- **What types of activities do you offer?**

We have regular exercise classes, current events, bingo, devotional time, book clubs, crafts, shopping trips, picnics, outings, music programs, painting, singing, Karaoke, games, special events, and anything else of resident interest. We believe it is important to solicit ideas of activity interest to stay attuned to current resident preferences.

- **Can I get help with medication administration?**

Qualified medication administration personnel may administer or assist the resident in administration of medication according to the care plan and doctor's orders. All QMAP staff shall pass the CO State required training program prior to providing medication administration or assistance. We have an electronic medication system to help reduce med errors and increase the safety of administration.

- **What is the age range for living here?**

We accept residents age 55 and older.

- **What kinds of things do you look for in a background check?**

There is also information in our tour packets and on our website.

- **Are any of my expenses tax deductible?**
Some or all of your personal care expenses or assisted living expenses may be tax deductible as medical expenses if you and/or your family meet certain criteria. For more information, see IRS publication 502 available at www.irs.gov or by calling 1-800-829-3676.
- **May I bring my own furniture?**
Certainly! We encourage residents to decorate rooms with personal furniture and pictures according to house rules.
- **May I come and go as I please?**
Yes. All we ask is that you let us know by signing out when you leave the building.
- **When are mealtimes?**
We start breakfast service in the dining room at 7:45am. Lunch starts service at 12:30pm and dinner starts at 5:30 p.m. A continental breakfast area is also set up in the dining room after breakfast for residents who like to sleep in. Snacks are available in the evening, brought to your room between 7-8pm. Of course, if you are hungry anytime of the day, please ask the staff to assist you.
- **May I have guests for meals?**
Yes, family and friends are welcome to join you, because this is your home and inviting family to dinner is one of life's enduring pleasures. Guest meals cost \$5.
- **Do you provide transportation?**
We will arrange transportation when needed to and from medical appointments. Local assisted transportation services are available to safely transport residents to appointments. We have a spacious, wheelchair-accessible van for community-sponsored outings.
- **Do we accept pets?**
We accept service and companion animals, and pets. The resident has to be capable of taking care of the animal. We have accepted dogs, cats, and birds. Arrangements need to be made with the Administrator.
- **Can I smoke?**
There is no smoking allowed in your room or any other location inside the building. You may smoke outdoors in a designated area.
- **What are house rules?**
These rules should address at a minimum smoking, cooking, protection of valuables on premises, visitors, telephone usage, use of common areas including the TV and radio, consumption of alcohol, dress, and pets.

Probably the most frequently asked question:

- **What criteria is used to determine a prospective resident's eligibility?**

Because we are not a nursing home, a certain level of independence is necessary. Residents must be able to ambulate, whether with a cane, walker or wheelchair. If in a wheelchair, they must be able to transfer to the bed and toilet independently. If incontinent, they must be able to manage their incontinence products.

Of course, every person is different, and we evaluate everyone individually. We realize how much people value their independence. Residents will receive assistance and care that allows them to retain a sense of independence and a lifestyle that is uniquely their own. Please see the Consumer Information Statement for more details.

Check out our website for more details at www.seniorhousingoptions.org

How do I find a list of licensed assisted living residences and alternative care facilities (accept Medicaid waivers)?

Go to the State Department of Health website below

<https://www.colorado.gov/pacific/cdphe/hfems>

You will also find inspection and occurrence findings, a directory, licensing and Medicaid certification regulations and additional consumer resources such as how to choose an assisted living.

Or go to the Department of Human Services website below to find out about services by county, and apply for Medicaid benefits online.

<http://www.colorado.gov/cs/Satellite/CDHS-Main/CBON/1251575083520>