

## **Cinnamon Park Assisted Living Residence Frequently Asked Questions**

### **What is assisted living?**

Assisted living is very different from a nursing home. Residents are able to participate in planning 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 24-hour staff oversight and emergency response, home-cooked meals, snacks, housekeeping, laundry and activity programming. Medication administration, reminders for meals and activities, and assistance with dressing, grooming and showers is provided according to individual need. Residents must be independently mobile. Please see the Consumer Information Sheet for more details.

### **How much is the rent?**

Effective August 1, 2010, the basic rate for room, board and services is \$2900/month. This amount includes all of our base rate services. Additional levels of service may be available for additional fees. We accept Private Pay and Medicaid Approved Waivers. If you qualify for a Medicaid Waiver your rent is determined by your income. See the *Rate Sheet* and the *Guide to Get Help from Medicaid to Pay for Assisted Living* for details.

### **Does Medicare pay for assisted living?**

No, Medicare does not pay for assisted living services. Assisted living is most often paid for privately by the resident or family or is supplemented by the Home and Community Based Services (HCBS) Program through Medicaid – with residents being responsible for a monthly room and board payment. Medicaid is a state program for those residents who qualify both financially and functionally. Long term care policies are becoming more common and in some cases help pay for assisted living. See the *Guide to Get Help from Medicaid to 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, or look under the Resource Center tab of our website - under

Resources for Seniors and Individuals with Disabilities for more information on VA benefits.

**What kinds of additional services are offered?**

For your convenience, additional support services may be provided in our community by external service providers. These include physicians, laboratory services, dental services, foot care, home health nurses, physical therapists, occupational therapists, and hospice services. The resident and resident's physician determine which services are appropriate, and whether resources are available to pay for them. External service providers work as needed in cooperation with assisted living staff according to the care plan developed for each individual.

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

We have both private and companion rooms. Residents are encouraged to decorate their room with their own furnishings. Furnishings can be provided for your room if needed. Living room areas are available for socialization, activities, and visiting with family and friends. Cable T.V. is available in the living room areas.

**How many residents do you have?**

We have two houses with twenty four residents in each. That number will vary if we have any vacancies.

**What if I'm not ready for assisted living?**

Change can be challenging, and sometimes the move into an assisted living setting can bring up fears and uncertainties – loss of privacy, loss of independence, loss of the familiar and comfortable. The prospective resident should be involved in all aspects of the move whenever possible. You and are welcome to join us for a meal and then attend an afternoon entertainment event. We have a Welcoming Committee at Cinnamon Park and these Resident Hosts are delighted to spend time visiting and answering questions.

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

We have regular exercise classes, current events, bingo, devotional time, book clubs, crafts, movies, picnics, outings, music programs, drawing, painting, singing, and special events at Cinnamon Park. We have an active monthly Resident Council meeting and ideas and suggestions for recreational programming are encouraged. Regular bus outings are scheduled into the community, such as shopping trips, weekly lunch outings and drives in the country or mountains. Cinnamon Park is also located close to bus lines for shopping, restaurants, churches and local cultural events.

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

Qualified Medication Administration Personnel (QMAPs) may administer or assist the resident in administration of medication according to the doctor's orders. All QMAP

staff has been qualified through the Colorado Health Department-approved training program prior to providing medication assistance. QMAPs are not nurses and some restrictions apply to their scope of practice. They are not allowed to administer injections, for instance. We have a computerized medication system for the administration of medications. This system promotes both safety and efficiency.

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

Generally we accept residents age 55 and older.

**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](http://www.irs.gov) or by calling 1-800-829-3676.

**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 facility grounds, also indicating the approximate return time

**When are mealtimes?**

Breakfast service starts in the dining room at 7:45 a.m. Lunch is served at 12:30pm and dinner is served at 5:30 p.m. In the evening, staff will come to your room with snack options. Additionally, snacks and beverages are also available in the dining room twenty-four hours a day.

**Can I sleep in if I don't want to come to breakfast?**

Yes, if you prefer to sleep in, we will not provide you with our customary wake-up call. Coffee is always available, as is cereal, toast, instant hot cereal and juice on the breakfast bar, located in the dining room.

**What if I don't like what is on the menu?**

You can request an alternate of any main entrée item for lunch or dinner. A weekly menu is provided for residents, and you can request an alternate in advance by completing a request form. Staff will help you fill out the form should you need assistance.

**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. The charge for a guest meal is \$5.00.

**Do you provide transportation?**

We will arrange transportation when needed to and from medical appointments. We have a spacious, wheelchair-accessible van for community-sponsored outings.

**Do you accept pets?**

We do accept pets, service and companion animals. The resident must be capable of caring for the animal. Arrangements may be made with the administrator, and a pet deposit is required. Animals must have current vaccinations on file.

**Can I smoke?**

We have a designated outdoor smoking area that is available at all times. There is no smoking allowed inside the building.

**What are the house rules?**

House rules have been established for the mutual benefit of everyone in the community and address such issues as smoking, cooking, protection of valuables, visitors, dress and consumption of alcohol. As a resident, you must follow these rules or you may be subject to involuntary discharge.

**What if I'm not sure about making a long-term commitment?**

Our lease agreements are month-to-month. We only require a written 30-day notice if you want to move. Also, we offer short-term (less than 30 day) respite stays.

**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. You must be able to move around independently, whether with a cane or walker. If incontinent, you must be able to manage your 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.