

Cliffview Assisted Living 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 for a private room is \$2,700/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. Call the Veterans Hotline at 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 might include foot care, home health nurses, physical therapists, occupational therapists, or 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?

All of our 24 rooms are private and lockable. All have bathrooms, kitchenettes including sink and refrigerator, and most rooms have bay windows. Common areas are available for socialization, activities, and visiting with family and friends. Cable television is available in the all resident rooms.

What types of activities do you offer?

We have regular exercise classes, current events, bingo, Bible class, reminiscence discussions, crafts, movies, picnics, outings, music programs, drawing, painting, singing, karaoke, games, special events, and anything else that anyone wants to do! We have a monthly Resident Council meeting and ideas and suggestions for recreational programming are encouraged. Regular bus outings are scheduled into the community.

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 care plan and 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.

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! Depending on the size of your room, you may decorate it with your own furniture and pictures according to house rules. We also have a limited supply of

twin beds, lamps, chair, bedside table and dressers available if you wish to use them.

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 and give us an idea of where you are going and when you will be back.

When are mealtimes?

Breakfast is served in the dining room from 7:30 a.m. to 9:30 a.m. Lunch is at noon, and supper is at 5:45 p.m. Snacks are at 3 p.m. and you can ask for snacks whenever you're hungry, twenty-four hours a day!

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 cost of the meals per guest is \$5.00.

Do you provide transportation?

We have a van that can be used to transport our residents to medical appointments or to any store in Kremmling. Grand County has a wonderful senior bus service and graciously allows us to use their spacious, wheelchair-accessible van for outings.

Do we accept pets?

We do accept pets, service and companion animals. The resident must be capable of caring for the animal and provide copies of required vaccinations. We have accepted dogs, cats, and birds. Arrangements must be made with the administrator, and a pet deposit may be required.

Can I smoke?

There is no smoking allowed in your room or any other location inside the building. You may smoke outdoors at our designated smoking areas.

What are 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 leases 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, walker or wheelchair. If in a wheelchair, you must be able to transfer to the bed and toilet independently. 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.