



Mesa Vista FAQ

- **What is assisted living?**

Assisted living is very different from a nursing home and they are considered a nursing home alternative. 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?**

Room, board and services base rates are \$3,150.00 for a studio, \$3350.00 for a studio with certain amenities and \$6450.00 for a 1 bedroom, single occupancy. These amounts include all of our base rate services. Additional levels are available for an additional fee. We accept Private Pay, Total LTC 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?**
 All of our rooms are private and lockable and they may differ in size. We have 8 one bedroom rooms and 32 studio rooms. Included within this number are 8 HUD apartments. Common areas are available for socialization, activities, and visiting with family and friends.
- **How many residents do you have?**
 We have 37 residents. That number may vary if we have any vacancies.
- **What types of activities do you offer?**
 We have exercise classes, walks, bingo, readings, crafts, movies, picnics, outings, music performances, presentations, drawing, painting, Karaoke singing, games, shopping, Bible studies and special events. Regular bus outings are scheduled out into the community.
- **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?**
 Generally we accept residents age **62 or older** but our Administrator can certainly evaluate resident applications on a case-by-case basis.
- **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! Depending on the size of your room, you may decorate it with your own furniture and pictures according to house rules. We also have 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.
- **When are mealtimes?**
Breakfast is served from 7 a.m. to 8:30 a.m. Lunch is at noon, and dinner is at 5:30 p.m. Snacks and drinks are available at our snack station 24/7.
- **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 \$6.
- **Do you provide transportation?**
We will arrange transportation when needed to and from medical appointments. There is a charge of \$10.00 to the Battlement Clinic and a \$50.00 charge to the Rifle Clinic. 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.

Other SHO Assisted Living Residences in Denver-
The Barth Hotel - 62 residents live at this downtown Denver location.

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>