

## **Mesa Vista 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?**

Currently our rates range from \$2,600/month to \$3,100/month. These amounts include 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.

### **Why do you collect information on my income and assets?**

A grant received from the Federal Home Loan Bank as a part of our construction financing requires that a number of residents meet certain low-income guidelines. This grant minimized the long term debt, making the project more affordable. This information is protected and not shared with anyone but our Controller, her assistant, our auditors and the Federal Home Loan Bank.

### **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. For more information visit the VA Aid & Attendance information on the resource center tab of our website.

**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 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.

**Do I have to have a roommate?**

No. We can accommodate double occupancy upon request, but all of our studio and 1-bedroom apartments are private. All units have private bathrooms, kitchenettes with sink and refrigerator, and lockable doors. Common areas are available for socialization, activities, and visiting with family and friends. Cable television is available in 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! Garden space is available in our raised flower beds in the courtyard for anyone with a green thumb or who wants to try it out. 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.

**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 an electronic medication system to help reduce med errors and increase the safety of administration.

**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.

**Can I bring my car?**

Yes! Lighted parking is available in our parking lot.

**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 from 7 AM until 8:30, lunch at 12:30 and supper at 5:30.

**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 spacious, wheelchair-accessible van for regular community-sponsored outings, and medical transportation may be arranged for an additional fee if needed.

**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?**

Yes, but only in the designated smoking area in the courtyard. There is no smoking allowed in your room or any other location inside the building.

**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. Residents must be able to move about 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 own 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.