



Catered Assisted Living **Care Services**

Our Catered Living Care Services range from minimal assistance to varying levels of assistance with basic day-to-day tasks like getting dressed, walking, bathing, and taking medications. With four different care levels, you only pay for the care you need. We offer exceptionally trained staff including licensed nurses. As your needs change, you can seamlessly move to the next care level.

Level 1 Care – Our base level of care is perfect for those who require little to no assistance completing activities of daily living (ADL). At this care level, you can:

- *Mobility & Transfer:* Ambulate independently with or without assistive devices such as a cane, walker or self-propelled wheelchair
- *Nutrition:* Eat independently
- *Medication:* Manage your own medications without staff assistance
- *Bathing/Dressing/Toileting:* Require minimal assistance with bathing, dressing and toileting.

Level 2 Care – This level of care offers hands-on assistance with up to two ADLs. If you need assistance with up to two of the following, this care level is for you:

- *Mobility & Transfer:* Supervision or single-person assistance with transfers to/from bed, toilet or chair
- *Nutrition:* Assistance with cutting food or verbal cues to eat
- *Medication:* Reminders/supervision of self-administered medication from a non-licensed staff (nurse assists in setting up medications.)
- *Cognition:* Specific interventions to ensure safety or frequent emotional support from staff
- *Bathing/Dressing:* Hands-on assistance with bathing or dressing
- *Toileting:* Reminders or assistance with toileting; consistent incontinence of bladder/bowel

Level 3 Care – Level 3 is right for you if you require hands-on assistance with up to **four** ADLs. If you require medication administration by a licensed nurse, you will require level 3 care even if you need assistance with fewer ADLs. The level of hands-on assistance with up to four ADLs include:

- *Mobility & Transfer:* Supervision or gait-belt assistance with ambulation and/or single-person assistance with transfers to/from bed, toilet or chairs; assistance to/from the dining room or other locations
- *Nutrition:* Assistance with cutting food or verbal cues to eat
- *Medication:* Licensed nursing staff oversees medication administration (medications not included)
- *Cognition:* Specific interventions to ensure safety or frequent emotional support from staff
- *Bathing/Dressing:* Extended time with hands-on assistance bathing or dressing
- *Toileting:* Incontinence of bowel or bladder and/or toileting schedule required

Level 4 Care – Memory Care Assisted Living Care Services

Residents in our Memory Care Assisted Living must have a diagnosis of dementia or Alzheimer's from their physician. Care services include:

- *Mobility & Transfer:* Supervision or gait-belt assistance with ambulation and/or assistance with transfers to/from bed, toilet or chairs; assistance to/from the dining room or other locations
- *Nutrition:* Assistance with cutting food or verbal cues to eat
- *Medication:* Licensed nursing staff oversees medication administration (medications not included)
- *Cognition:* Specific interventions to ensure safety or frequent emotional support from staff
- *Bathing/Dressing:* Hands-on assistance with bathing or dressing
- *Toileting:* Incontinence of bowel or bladder and/or toileting schedule required