

Services Provided by West River Valley Assisted Living

Room & Board

Includes rent of your apartment, heat, hot water and electricity. Regular maintenance as well as emergency property management response as needed. Also included is three nutritious meals a day and between meal refreshments as desired. We can accommodate most dietary concerns and preferences. We will inform you if we cannot or if to do so would incur an additional charge.

Care Charges Include:

- 1) 24 hour trained staffing in house and wireless call system.
- 2) Registered nurse oversight of health and wellness: Assessment and monitoring of changes in health status, liaison with doctors, dentists and other providers, complete medication management including coordination with doctors and pharmacy, 24 hour on-call nursing for acute health issues.
- 3) Assistance as needed with personal care, hygiene, showers, and grooming.
- 4) Assistance as needed with ambulation, transferring to wheelchair or bed, and wheel chair mobility.
- 5) Assistance with the management of your apartment including daily rubbish removal and basic straightening as well as a once a week "deep cleaning" which includes thorough cleaning of shower and bathroom, changing of bed linens, dusting, sweep/vacuum/mop floors. (More frequent cleaning will be provided as needed)
- 6) Housekeeping of the common areas and maintenance of grounds.
- 7) Paper products such as tissues, toilet paper and paper towels.
- 8) Laundry done weekly, or more often if needed.
- 9) All recreational and leisure activities. (Occasional special outings may require personal expense).
- 10) Transportation for medical appointments up to four trips per month.
- 11) Assistance arranging appointments, obtaining personal needs, including shopping for you if necessary, keeping on a chosen schedule by reminding you about meal times, etc., and managing your finances. If necessary, we will monitor your activities to prevent harm to yourself.

West River Valley Assisted Living is not licensed to provide 24 hour *nursing care*.

Not Included in the Care Charge:

Costs of medications, physician services, alcoholic beverages, personal television/cable in room, personal phone line & long distance calls, dry cleaning, magazines, newspapers, beauty and barber services, and any personal care or food items ordered on his/her behalf, are not included in the basic rate. *No charges are made to the resident's personal funds without the knowledge and consent of the resident or representative.*