

Independent Living

Rates are per month for one resident living in an apartment with three meals per day.

A \$1,000 security deposit is required for all apartments.

Studio Apartment \$2,105

One Bedroom Apartment

A \$2,845

B. \$2,915

C/D \$3,045

One Bedroom with Den Apartment \$3,255

- Monthly fees will be reduced by \$425 if only one meal per day is preferred.
- The fee for an additional person residing in an apartment requiring three meals per day is \$825.
- The fee for an additional person residing in an apartment requiring one meal per day is \$425.
- There is an additional charge of \$50 per month for apartments with a southern exposure.
- Prospective residents will be asked to complete an application which will be promptly evaluated.
- A personal interview with facility staff assures that each resident is comfortable with our facility and that we can provide the appropriate services and meet each individual's needs.

ADDITIONAL SERVICES AVAILABLE

Additional Housekeeping Services \$15.00 per hour

Additional Non-Routine Maintenance Services . . . \$20.00 per hour

Additional Personal Aide Services \$15.00 per hour

Scheduling Services \$20.00 per hour

(e.g., medical orders from physician completed, lab orders processed, etc.)

Breakfast Room Delivery \$ 5.00 per day / \$100.00 per month

Guest Apartment (single) \$60.00 per day (for 3 meals, add \$30 a day per person)

Guest Apartment (suite) \$90.00 per day (for 3 meals, add \$30 a day per person)

Guest Apartment Suite (3 persons) \$120.00 per day (for 3 meals, add \$30 a day per person)

Prices are effective as of October 2009 and are subject to change.



Assisted Living

Rates are per month for one resident living in an apartment with assisted living services.
A \$1,000 security deposit is required for all apartments.

Studio Apartment	\$2,950
One Bedroom Apartment	
A	\$3,690
B	\$3,760
C/D	\$3,890
One Bedroom with Den Apartment	\$4,100

Included with Assisted Living at all levels:

- Three meals per day
- Escort services within the facility
- All utilities, except telephone
- Weekly housekeeping services
- Weekly linen service
- Weekly personal laundry
- Daily bed making
- Cueing
- Medication management **OR** Bathing/stand-by assist
- **Minimal** assistance with any activities of daily living (ADL)
- Activities and programs
- TED hose
- Security provided 24 hours per day

ADDITIONAL ASSISTED LIVING SERVICES AVAILABLE

Each resident is an individual with unique needs and preferences. We meet with residents and family to evaluate the need for assistance and support in various areas. This evaluation helps determine the appropriate care and service that preserves each resident's dignity, encourages independence and best enables freedom of choice.

Medium: Level Two

\$200 per month

- Medication management
- Bathing three or less times per week
- Assistance with transfers
- **Moderate** assistance with two ADLs or less

Heavy: Level Three

\$600 per month

- Medication management
- Bathing four or more times per week
- Assistance with **most** ADLs
- Continence care
- Transfer assistance

Hospital package for pre- and post-hospital care

Independent or assisted living:

\$200 per package

- Preparation tests prior to hospitalization, if needed
- Escort to hospital
- Evaluation from professional staff when discharged to room
- Tray service to room for meals for two days
- AM and PM care for two days
- Bathing assistance for two days
- Medication management, if needed

Treatments at Wellness Center

Independent or Assisted Living: \$ 10.00 per visit

- Wound treatment: cleansing, applying any topical medication* and bandaging

* All prescription (non stock supply) medication must be supplied by the individual.

(For clarification – blood pressure checks, weight checks, hearing aide and battery changes and other functions will be free of charge at the Wellness Center.)

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Health Care Facility

Rates include private and semi-private rooms, three meals per day, 24-hour intermediate and skilled nursing care, assistance with activities of daily living, recreational and social activities and special programs.

Semi-Private Room per Month	7th floor – \$5,925
	8th floor – \$6,225
Private Room–Extra Charge	\$35 per day
Temporary Care (per day)	
Selfhelp Residents	\$220
Non-Selfhelp Residents	\$275

Additional Services

Incontinence Charge	\$6.00 per day
Wound Care	\$3.00 – \$5.00 per dressing change
Rehabilitation/Aide.	\$15.00 per hour
Escort to Doctor Appointments	\$15.00 per hour

Medicare Services

The Selfhelp Home is a Medicare certified health care facility. Residents with Medicare coverage are able to use all the benefits available to them through the Medicare program. To obtain information regarding covered services and fees, please contact our business office for assistance.

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