

Marin County Division of Aging
& Adult Services

**CHOICES FOR LIVING
2009**

*A HOUSING RESOURCE GUIDE FOR
MARIN COUNTY OLDER ADULTS*



Information and Assistance
links older adults and their family
members to appropriate
services. Call **457-INFO (4636)**



USEFUL RESOURCES

General Questions

Older Adult Information & Referral 457-INFO

Assisted Living Placement 499.7446

Elder Abuse Concerns

Adult Protective Services 507.2774

Ombudsman 499.7446

Acute Care Hospitals

Kaiser Foundation 444.4460

Marin General Hospital 925.7000

Novato Community Hospital 209.1300

Legal /Financial Assistance

Health Insurance Counseling 800.434.0222

Legal Aid of Marin 492.0920

Medi-Cal 473.3470

Public Guardian 499.6187

The Network of Care for Older Adults & Individuals

Is provided by the Marin County Division of Aging and Adult Services. This comprehensive internet-based resource is for the elderly and people with disabilities, as well as their caregivers and service providers.

<http://marin.networkofcare.org/aging>

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INTRODUCTION

Choices for Living (Choices) recognizes that individuals' housing needs vary greatly, and that needs may change over time. The process of exploring housing options can be very confusing. We urge anyone considering a housing change to be as clear as possible about the *lifestyle* and *location* they seek, their current *health* and *level of independence* and the *financial* means by which they will support their housing needs.

In order to make fully informed choices, older adults need to be aware of the broad continuum of housing options. We recognize that the preference of most older adults is to continue living in their own homes, and that there are an array of community support services to help people remain independently and safely in their own homes, including home care, adult day care, meals and transportation. For information about community services in Marin, call **415 457—INFO (4636)**. Additional information can be found on the Network of Care website: www.marin.networkofcare.org/aging.

Placement counseling for residential facilities or skilled nursing facilities is available at no cost by calling the **Marin County Ombudsman** office at **415 499.7446**.

Choices begins with housing assistance and independent living and progresses to assisted living and skilled nursing facilities. Often waiting lists are a part of obtaining housing in Marin County; we urge you to place your name on these lists if applications are being accepted.

Financial donations to offset publication and mailing costs to provide this guide free of charge to the general public have been generously provided by the contributors listed on page 58 of the guide.

DEFINITIONS

Active Adult Community

Large residential development with active recreation programs, which include the benefits of home ownership, such as appreciation and tax advantages. Medical services are not provided but are generally located close by.

Assisted Living Community

Assisted housing is independent living which includes supportive services such as meals, services, transportation, and recreation. Personal care assistance may be available. Facilities range in size.

Life Care/Continuing Care Facilities

Designed to provide a wide range of health and services, life care is unique in that health care is provided within the facility. Residents must be capable of independent living upon entry, but can expect to remain if they become incapacitated later in life. The individual pays an initial entrance fee and a monthly maintenance fee.

Residential Care Facilities

Residential care facilities, also known as assisted living or board and care homes, range from small individually owned and operated 6 bed facilities to large 200 unit complexes. Both provide room, meals, housekeeping, and personal care services. They are specifically licensed for this level of care, but provide no nursing services. Monthly fees range from \$2500 to \$7000. **Medi-Cal does not pay for residential care.**

Skilled Nursing or Convalescent Hospitals

Convalescent Hospitals, also referred to as Skilled Nursing Facilities, are licensed by the State of California Department of Health Services. The facilities provide 24 hour custodial or maintenance care for chronically ill individuals, who are medically dependent. Skilled nursing is a benefit covered by Medi-Cal. Some nursing homes do not accept Medi-Cal.

HOUSING ASSISTANCE AGENCIES

EAH Housing

2169 E. Francisco Blvd

San Rafael CA 94901

415 258.1800 Mon.- Fri. 9:00 AM - 5:00 PM

www.eahhousing.org

Develops, manages and promotes quality affordable housing for families, people with disabilities, and older adults. Assists anyone who meets local standards of low or moderate income. Manages over 400 units with subsidized rents in Marin County of which two thirds are for elderly or disabled persons.

Fair Housing of Marin

615 B Street

San Rafael CA 94901

415 457.5025 Mon. - Fri. 9:00 AM - 5:00 PM

Provides assistance and information involving discrimination in housing and mediation between landlords and tenants. Call for information on how fair housing laws apply to you.

HOUSING ASSISTANCE AGENCIES

Homeward Bound of Marin

1385 N Hamilton Parkway

Novato CA 94949

415 382.3363 Fax: 415 382.6010

Hours: M–F 9:00 AM - 5:00 PM

www.homewardboundofmarin.org

Homeward Bound is the chief provider of transitional and long-term housing and support services for homeless men, woman and children in Marin County. Each year, approximately 2000 people find a safe place to stay. Food, counseling and referral services are offered.

Homewood Bound's Mill Street Center

190 Mill St. San Rafael 94901 415 457.9651

The point of entry to Homeward Bound's Adult Services Program, this 50 bed center serves single adult men and women. Beds are available for emergency night to night stays, when requested by a 'call-in' at 2:30 PM daily, except Wed. & Sun. Some beds are reserved for adults that have demonstrated their ability to end homelessness in their lives. As space becomes available, those committed residents "graduate" to New Beginnings Center.

Homeward Bound's New Beginnings Center (NBC)

1399 N Hamilton Parkway Novato 94949

415 380.3363 X 233 Fax: 382.3520

NBC is an 80 bed dormitory facility. Counseling, 12 step meetings, 3 meals a day help residents move into long term housing. Four vocational training programs are provided on site: culinary academy; janitorial and building maintenance; landscaping; and public works.

HOUSING ASSISTANCE AGENCIES

Marin Center for Independent Living

710 Fourth Street

San Rafael CA 94901

459.6245 Mon.—Fri. 9:00Am—5:00PM

www.marincil.org

A free one-stop resource for seniors and other people living with disabilities to maximize their independence.

Services include:

- Attendant or home care worker referral registry

- Assistive technology

- Home access modifications

- Home safety checks

- Benefits counseling

- Resource information and referral

- Independent living skills counseling

- Peer support groups

- Advocacy for individuals

- Drug and alcohol meetings

- Employment listings

- Housing listings



HOME UTILITIES ASSISTANCE

REACH (Relief for Energy Assistance through Community Help)

Salvation Army 251 Mission Ave
San Rafael CA 94901
459.4520

Assists low income residents in paying utility bills. Income must not exceed \$30,500 for 1 –2 people and \$35,800 for 3.

LIHEAP (Low Income Home Energy Assistance Program)

27 Mary Street
San Rafael CA 94901
485.1489 ext 113

Community Action Marin assists low income households in paying their energy bill and provides one payment a year. Annual income criteria:

1 person: \$29,172 2 people: \$38,148
3 people: \$47,124 4 people: \$56,101

PG&E Customer Services

750 Lindero St #160
San Rafael CA 94901
800 743.5000
www.pge.com

General advice and information to help customers having difficulties paying their utility bills. Assistance includes: Additional units of gas and electricity at the lowest rate for those with medical needs, low income rate allowance with 14% discount (CARE). Also offers automatic payment service, balanced payment plan, third party notification.

MARIN HOUSING AUTHORITY

420 Civic Center Drive

San Rafael, CA 94903

415 491.2525

Hours: M - F 8:00AM—4:30PM (Closed to the public on Wednesday except the first Wednesday of each month)

www.marinhousing.org

Marin City Branch

429 Drake Ave

Marin City, CA 94965

415 332.1913 Fax: 415 332.5367

The Marin Housing Authority provides a variety of housing assistance programs to low and middle income residents of Marin. Marin Housing owns and manages low cost rental units and provides direct rental subsidies and low interest home improvement loans to qualifying households. Wait varies for services. Programs include the following:

Section 8 Program

A federally financed program that provides direct rental assistance in the private market for low-income families, seniors and the disabled. Once applicants receive a voucher, they pay 30% of their total household income for rent, and the subsidy covers the rest.

After getting on the waiting list, applicants should expect to wait up to 5 years. Prospective tenants select their own apartment, enter into an agreement with the landlord, and secure the approval of the unit from Marin Housing. The rent must not exceed Fair Market Rent limits.

Call 446-7054 for information and the status of waiting lists.

Rebate for Marin Renters (RMR)

RMR provides a one time rental assistance to eligible households at risk of homelessness. Supported by Marin's cities, towns, and the county, this program serves low income seniors and persons with disabilities who are at risk of losing their housing. For more information please call 415 491.2347.

Residential Rehab Loans

Low interest loans are available to low income home owners for basic rehab projects on their homes. To be eligible, a single person may not exceed maximum gross income of \$39,600 or a couple, \$45,250. Call 491.2550 for further information.

Below Market Rate (BMR) Program

This program offers low and moderate first time homebuyers the opportunity to purchase homes and condos at less than market value.

BMR income eligibility: \$81,300/ 1 person; \$92,950/ 2 persons; \$104,550 / 3 persons. For further information, call 415 491.2550.

Shelter Plus Care

This program provides rental assistance and supportive services to homeless individuals and families where the head of household has a serious mental illness.

Shelter Plus Care participants lease privately owned apartments and pay 30% of their income towards rent. Participants receive support services from caseworkers and community based service providers. This program is made possible through collaboration with the Marin County Community Mental Health Services. For more information, call 415 491.2586.

Housing Opportunities for People With Aids (HOPWA)

HOPWA provides rental assistance to individuals and families where a family member is HIV+ or has AIDS. HOPWA program participants lease privately owned apartments and receive a rental subsidy based on their income level and family composition. For more information, call 491.2571.

Mortgage Credit Certificates

The MCC provides a federal income tax credit to eligible first time homebuyers. The credit is equal to 15% of the annual interest paid on the first time homebuyer's first mortgage and can be taken as long as the home is the principal residence.

Maximum income eligibility for 1 and 2 person households is \$96,800; and \$111,320 for 3 or more. The maximum purchase price limit for homes is \$450,000. For more information call 415 491.2550.

Housing for Seniors and Disabled Persons

The following rental complexes for low income seniors and persons with disabilities are funded by the federal government. Residents pay 30% of their income for rent.

Call 446-7054, the waiting list hotline, to hear recorded information

Income limits for 2009:
 \$39,600 for individuals
 \$45,250 for couples

Casa Nova Novato	40 units
Bradley House Tiburon	15 units
Fairfax Community	18 units
Golden Hinde San Rafael	40 units
Homestead Terrace Mill Valley	28 units
Isabel Cook San Anselmo	18 units
Kruger Pines Mill Valley	56 units
Venetia Oaks San Rafael	36 units

Adult Day Services

Senior Access

70 Skyview Terrace
San Rafael CA 94903
415 491.2500 fax: 415 491.2503
Cost \$95 a day (scholarships available)

Senior Access offers innovative programs for older adults with Alzheimer's disease or dementia.

Organized activities include music, art, exercise, discussion groups and memory games in a safe stimulating environment.

Marin Adult Day Health Center

1905 Novato Blvd
Novato CA 94947
415 897.6884 fax: 415 897.1585

Marin Adult Day Health Center is a licensed Medi-Cal certified health facility that treats the health and supportive needs of adults 18 and older with multiple, chronic conditions in a safe, homelike day setting.

The program includes an individualized plan of care; skilled nursing, social services and rehabilitation therapies, assistance with activities of daily living; door to door transportation and healthy meals.

All health care, therapy, social services, activities, meals and transportation are included in one daily fee that is covered by Medi-Cal or private fees.

Mobile Homes

Affordable viable housing option for seniors. Many mobile home parks are designed as “adult or senior communities” and provide social and recreational activities, as well as privacy and security.

Mobile homes are purchased, usually on-site, and residents pay a monthly site rental fee. The monthly rent is likely to increase over time. There are several mobile homes parks in Marin County, however the following are exclusively for residents over 55.

Los Robles Mobile Home Park

100 Roblar Drive Novato 94949
415 883.6771 fax 415 382.1423
ellen@losrobleshomes.com

Number of spaces: 212

Space rent amount: \$624 - \$794 a month

Facilities: club house, pool, spa, sauna, laundry facilities, active social club

Pets: One small dog or cat under 20 pounds

Marin Valley Mobile Country Club

100 Marin Valley Drive Novato 94949
415 883.5911

Number of spaces: 315

Space rent amount:: \$625 - \$680 a month

Facilities: Clubhouse, pool, laundry facilities, library, exercise room, Jacuzzi, access to adult care facilities, homeowners’ association.

Pets: small indoor dogs and cats.

Affordable Housing for Income-Eligible Seniors

The following subsidized housing complexes have maximum and some have minimum income eligibility requirements. Residents must be 62 years or over, and pay 30% of their adjusted income for rent.

Bee Street Housing 6 units
408 B Street Sausalito
415 383.1321
SM-Manager@EAHhousing.org

Bennett House 70 units
53 Taylor Dr
Fairfax
415 457.7318

Mackey Terrace 50 units
626 Owens Novato
415 883.1601
MT-Manager@EAHhousing.org

Maria Freitas Sr Housing 61 units
626 Owens Dr
Novato
415 883.1601

West Marin Senior Housing 24 units
600 "A" St Pt. Reyes Station
415 663.9160
WM-Manager@eahhousing.org

Cecilia Place Homes 16 units

321 Cecilia Place Tiburon

415 383.1321

Rent: \$747 SM-Manager@EAHhousing.org

Farley Place 11 units

515 San Rafael Ave Belvedere

415 383.1321

SM-Manager@EAHhousing.org

Fireside Apartments 50 units

115 Shoreline Highway Mill Valley

415 986.7285

Rent: \$900 Senior Studio

Nova-Ro I, II, III

1128 Olive Ave Novato 30 units

31 Pinheiro Circle Novato 40 units

1130 7th St Novato 56 units

415 898.4024

Rent: \$680 – \$725

Rotary Manor 99 units

1821 Fifth Ave San Rafael

415 459.6558

Rent: \$800 – \$900

Tam House I 11 units

34 Tamalpais San Anselmo

415 457.5633

Rent: \$825

Tam House II 10 units

61 Woodland San Anselmo

415 457.5633

Rent: \$850 – \$950

MESSAGE FROM AN ELDER

I am your elder citizen
Respect me
I built the nation's highways, bridges and freeways
Value me
I exchanged horse driven buggies for high powered cars
Appreciate me
I built the elevator, escalator and refrigerator
Praise me
I turned one room schoolhouses into colleges
Esteem me
I replaced the victrola with radio, stereo and TV
Applaud me
I turned the general store into supermarkets and malls
Extol me
I have lived through six wars and eleven presidents
Honor me
I walked on the moon, and dared to transplant a heart
Revere me
I found a cure for polio, TB, and other diseases
Venerate me
I am a fountain of wisdom, a reservoir of knowledge
Utilize me
I am the sculptor of your future, the author of your past
Treasure me

- Gloria Parker

RETIREMENT RESIDENCES

The term retirement residence usually refers to a self-contained complex that provides at least minimal services to its residents. In “Life Care” or “Continuing Care” facilities, the individual typically purchases a unit and then pays an additional monthly maintenance fee that includes room and board, supportive services (meals, shopping, laundry) and nursing services, if needed. Most require residents to be in good health and self-sufficient upon entry. Once an individual is a resident of a Life Care facility, s/he can expect to remain there regardless of any changes in physical functioning and need for care. Residents are assured of continued lifetime care should they become physically incapacitated. Because the continuing care community provides care for life, it necessarily involves a financial investment by the resident. Persons who are interested in this type of housing should read the terms of the contracts carefully.

In choosing a retirement residence, the following factors should be considered:

Cost: present and projected

Location: proximity to family and transportation

Services provided

Flexibility of facility to adapt to your needs over time

Implications and commitments in any contracts

Some residences have minimum or maximum age limits, so plan ahead.

The following retirement residences are listed alphabetically:

AEGIS

AEGIS OF CORTE MADERA

5555 Paradise Drive Corte Madera 94925
415 927.4200 License: # 216801016 118 units

AEGIS OF SAN RAFAEL

111 Merrydale Rd San Rafael 94903
415 472.6530 License: # 216801281 54 units

Website: www.aegisliving.com

Description: Apartments for independent residents and those needing full assisted living care services. Individual service plans for each resident. Nationally recognized Alzheimer's and dementia care program offers security and dignity.

Activities: Individual hobbies and interests are incorporated into an activity calendar, which also includes entertainment, art and educational classes and outings.

Services: Three meals served restaurant style, housekeeping and laundry. Scheduled transportation included.

Application Process: There is a one time Community Fee. Independent/ assisted living studios and one bedroom apartments range from \$3900 to \$5600 per month. Assisted living services are additional. Alzheimer's and dementia care apartments start at \$4700 per month. A program for residents of limited income is offered. Small pets are welcome.

ALDERSLY

Garden Retirement Community

326 Mission Ave

San Rafael CA 94901

415 453.9271 or 800 777.3646

Website: www.aldersly.com

License: #216801686

Description: Continuing Care Community on a 3 acre, 11 building garden community in central San Rafael. 122 residents, 57 Independent Living apartments, with garden and Mt. Tam views from balcony or patio. Apartment styles: Alcoves, studios, and one bedroom. Separate Assisted Living building has 30 studio and one bedroom apts. Residents are given preferential access to on-site Nursing Facility. Cats and small dogs welcome.

Activities: Tai Chi, Yoga, exercise strength training, bocce ball, croquet. Entertainment and outings to local concerts, plays, shops and restaurants. Annual Danish events include Tivoli Festival in September.

Services: Rent include separate dining rooms with 3 meals served daily; free shuttle service within Marin, full housekeeping/linen services, in-unit emergency call system with fire/smoke protection, security & full maintenance services, all utilities, library, chapel, exercise machines, hair salon, free laundry room. Physician on-call & staffed 24/7 with licensed nurses. On-site podiatry and therapy.

Application Process: Minimum age 60. No upper limit. Fees: \$1000 per person to apply. Monthly IL fees start at \$3176 (single); second person fee \$860. Entrance fee (with 5 yr. partial return/pay-back, 90 days full refund) range from \$91,000 to \$225,000. Assisted Living fee options start at \$5020 a month. Skilled nursing for current residents is \$272 per day. No SSI/Medi-Cal. Please call for personal tour.

ALMA VIA

515 Northgate Dr
San Rafael CA 94903
415 491.1900
License: 216801868

Description: 130 unit 3 story Assisted Living/Alzheimer's Dementia Care Community, located one block south of Northgate shopping mall. 108 units Assisted Living month to month rentals and 22 Alzheimer's/Dementia care apts. Four levels of care, including 24 hr assisted living and assistance with activities of daily living. Small pets OK.

Activities: Arts and crafts, bridge, bingo, board games, trips, films, entertainment, holiday celebrations, cultural presentations, exercise, strength training and spiritual programs.

Services: Three meals a day in restaurant style, weekly housekeeping and laundry, beauty salon/barber shop, 24 hour staff, emergency call pendants, transportation to doctors appointment and places of worship, shops, banks.

Application: Assisted Living from \$3600 to \$5400 per month. 2nd person \$1000 month. Levels of care costs start at \$625 per month. Alzheimer's/Dementia Care program range from \$5100—\$6000 per month. All utilities included, included DSL for internet access. Cable TV and phone service optional. Call to schedule a tour.

DRAKE TERRACE

275 Los Ranchitos Road
San Rafael CA 94903
415 491.1935
License: 216801028

Description: 123 unit 3 story retirement center one block south of Northgate mall. 93 independent living rental apartments with kitchenettes. 30 assisted living studio apartments with 24 hr care and supervision by medical director on staff.

Activities: Arts and crafts, bridge, bingo, trips, shopping, excursions, holiday celebrations, book club, sing-alongs. Also Resident Council plans events and outings.

Services: Three meals daily in dining room, weekly housekeeping and laundry, on-site beauty/barber shop, 24 hr. staffing, emergency pull cords, schedule transportation for doctors' appointments. Shopping, banking, special outings, local churches and synagogues.

Application: Independent 1/2 bedroom units from \$3800 to \$4800 per month. 2nd person \$1200 month. Assisted living starts at \$4900 per month. Initial non-refundable community fee equal to one months rent. All utilities included. Cable TV and phone services optional. Small pets welcome in patio apartments. Call to schedule a tour.

THE REDWOODS

40 Camino Alto
Mill Valley CA 94941
415 383.2741 Fax 415 383.0115
www.theredwoods.org
License: #210102866 (RCFE) #220000203 (SNF)

Description: 344 units offering four levels of care on a wooded campus. Accepts MediCal in skilled nursing units. Section 8 in independent living is currently closed.

Activities Programs include concerts, films, arts, lectures and exercise of all types. Local schools participate in intergenerational programs and College of Marin offers ongoing educational classes. Painting classes, drumming, communal gardening, computer labs.

Services On-site services include: 24 hour security, in-room emergency call system, beauty and barber shop, housekeeping, laundry facilities, consignment shop, library, dining services, resident council and meeting facilities.

Application Process: Applicants must be 60+ years of age and meet admission criteria (except in Skilled Nursing.) Call for application & amenities offered at each level. Small pets permissible. Non-refundable application fee of \$500 required.

150 Independent Living apartments: \$2475 a month

108 Residential Care apartments: \$3016 - \$4322 a month
(Price includes 3 meals a day)

26 Personal Care units: \$4484– \$5769 a month
(Price includes 3 meals a day, some personal care, housekeeping, linen, laundry)

58 Skilled Nursing beds: \$224 a day (24 hour skilled care)

ATRIA TAMALPAIS CREEK

853 Tamalpais Ave
Novato CA 94947
415 892.0944
www.atriaseniorliving.com
License: #216800331

Description: 117 independent and Assisted Living apartments, all with kitchenettes. Personalized care plans are designed to meet residents' needs. 24 hour staffing, activities and recreational program, scheduled transportation, personal laundry and housekeeping.

Activities: Exercise classes, shopping and dining excursions, movies, bingo, gardening, hobbies and craft classes, lecture series and college courses, Resident Council, clubs and seasonal celebrations. Full-time Activity Director on staff.

Services: Weekly laundry and housekeeping, three meals per day served in the dining room, 24 hour snacks, on-site beauty shop, convenience store, church services, emergency pull cords; scheduled transportation to doctors, church, banks and shops. Assisted Living and Wellness programs designed to enhance residents' independence.

Application Process: Studios, one and two bedroom units. Contact facility at 892.0944 for cost information and to schedule a facility tour.

THE TAMALPAIS

Northern California Presbyterian Homes & Services
501 Via Casitas Greenbrae CA 94904
415 461.2300 www.thetam.org
Contact: Nancy E Martin, Director of Marketing
License: #210102761

Description: This award winning community offers spectacular views, a great location near hiking/biking trails, shopping and the College of Marin. As Marin's only accredited Life Care community, your entrance and monthly fee covers most physician services, hospitalization, assisted living and skilled nursing care, with no increase in your monthly fee. Residences range from studios to two-bedroom, two bath apartments homes—all with balconies.

Activities: Indoor swimming pool and spa, fitness studio, woodworking shop, art studio, library, computer lab, gardens and more. A staff fitness trainer teaches aerobics, body conditioning, balance, body conditioning, Tai-chi and yoga. Dominican University classes are one of many lifelong learning programs.

Services: Housekeeping, utilities, transportation to local shopping, religious services and San Francisco, and varied dining venues at no additional cost. The dining room has the ambience and cuisine of a fine restaurant with bay and mountain vistas. Other venues include carry-out and catered dining services.

Application Process:

Applicants must be at least 65 and meet financial and medical qualifications. No SSI. Reservation deposit is \$1500 per person (\$1000 refundable.) Entrance fees range from \$75,000 to \$535,000 for single occupancy and \$241,000 to \$568,328 for double occupancy. Monthly fees range from \$2886 to \$5690 for single and \$5353 to \$6932 for double occupancy. A portion of these fees may be tax deductible as medical expenses. Small pets welcome. Please call for a personal tour.

VILLA MARIN

100 Thorndale Drive
San Rafael CA 94903
415 492.2408 Fax 415 492.2673
License: #210108102

Description: 224 independently owned 1 to 3 bedroom condos in a 5 story building with panoramic views. Condos for purchase from \$265,000 to \$1,500,000 which becomes part of one's estate. Within walking distance of Northgate mall, the facility is surrounded by 20 acres of open space overlooking Las Gallinas Valley and the hills of Terra Linda. The Health Center has 32 Skilled Nursing beds and 28 Personal Care beds in double occupancy rooms.

Activities: Bridge and other card games, stretch & exercise classes, gymnasium, weight machines, water aerobics, paddle tennis, shuffleboard, library, woodshop, concerts, lectures, films, community garden.

Services: Monthly fee includes: one meal a day (Choice of breakfast, lunch or dinner), weekly housekeeping and linen, building maintenance, 24 hr security and emergency pull-cord system for medical assistance. Cultural, recreational, educational and social programs. Weekly transportation to shops and medical appointments. 180 Lifetime days in on-site health center in either Skilled Nursing or Personal Care units.

Application Process: Minimum age 55. No maximum age requirement. Admissions committee approves applicants based on health, finances, and participation in governance. Non-refundable \$250 processing fee.

RESIDENTIAL CARE HOMES

Residential care homes, also referred to as Assisted Living or Board and Care homes, are facilities that provide a safe environment and resident oversight, but they are **not** medical facilities. They generally provide room and board, housekeeping, personal care, and short-term care for temporary illness.

Most residential care homes require residents to be ambulatory, though some are licensed to take a certain number of individuals who are non-ambulatory (use of crutches, walker, or wheelchair). These homes are typically small, with ten or fewer residents and usually charge a monthly fee ranging from \$2400 to \$7000. They are licensed by Community Care Licensing in the State Department of Social Services. Insurance programs do not typically cover this type of care. **Medicare and Medi-Cal do not cover the cost of residential care.**

Since these facilities are usually individually operated and require residents to live in close quarters, a visit to the facility is highly recommended before making a choice. Please check with the Ombudsman Office at 415 499.7446 for free placement assistance.

If you have a problem with the facility that is not resolved with the owner/manager contact
Community Care Licensing
101 Golf Course Drive Suite A-230
Rohnert Park CA 94928.
707 588.5026

The following checklist will assist you in evaluating the homes you visit.

CHECKLIST FOR RESIDENTIAL CARE HOMES

GENERAL ATMOSPHERE

- Is the facility warm and hospitable?
- Do the residents interact with one another?
- Do the residents appear interested & involved ?

PHYSICAL CONSIDERATIONS

- Is the location convenient for the resident, family and friends?
- Are the exits clearly marked?
- Is the furniture in good repair?
- Is the facility generally clean?
- Does the room temperature seem comfortable?
- Is the facility free of unpleasant odors?
- Does the facility have an emergency plan?

FOOD SERVICE

- Are kitchen and dining areas clean and comfortable?
Are the menus posted for review? Do they seem nutritious and well balanced?
- Are special dietary requirements accommodated?
- Are there snacks between meals? Healthy snacks?

BEDROOMS AND BATHROOMS

- Is there easy access to beds?
- Is there adequate lighting?
- Is there adequate storage?
- Is the bathroom clean and accessible?
- Are there enough bathrooms?
- May the resident decorate his/her own room?
- May the resident use his/her own furniture?

CHECKLIST FOR RESIDENTIAL CARE HOMES

SOCIAL/ACTIVITY ROOMS

- Is there enough room available for the residents?
- Is the telephone available where calls can be made in private?
- Is there room available where residents can visit with family or friends?

SERVICES/ACTIVITIES

- Will the facility provide transportation or help to arrange for transportation to medical services?
- Will arrangements be made for a resident to worship as he/she pleases?
- Are there group and individual activities provided inside the home?
- Are there outside trips for those who choose to go? Wheelchair vans, if needed?
- Is special attention given to each resident's interests?
- Are there volunteers from the community to work with the residents?
- Are the Ombudsman and Resident's' Rights posters prominently displayed?

STAFF

- Can staff speak and understand the residents language?
- Is the staff courteous and kind to the residents?
- Does the staff show interest in the residents welfare?
- Does the staff appear to have an understanding of the residents limitations and needs?
- Is the staff trained in CPR and First Aid?
- How long has the current staff worked at the facility?

