



Homer Senior Citizens, Inc.

3935 Svedlund Street
Homer, Alaska 99603
(907) 235-7655 Fax: (907) 235-3739

Welcome to The Terrace

info@homerseniors.com

Homer Senior Citizens, Inc.'s assisted living facility is available to senior citizens who desire an independent lifestyle despite requiring possible 24-hour care and some assistance with daily activities in order to maintain their independence. It is the goal of the staff to help each resident stay independent, functional and in charge of their physical, emotional and spiritual well-being.

Persons age 55 years or older are eligible to apply. Eligibility and the extent of services needed will be determined via an assessment or evaluation meeting prior to acceptance into the residence. Residents must have the financial resources to pay costs (self-pay, Medicaid or Third-Party).

To apply for an apartment at The Terrace, fill out the forms in this packet and return them to The Terrace. We will call to schedule an assessment for services, and to schedule a visit to the facility to discuss the financial arrangements for services.

Costs are divided into rent, meals and services as shown on accompanying rate sheet.

Rent:

- ❖ A one bedroom apartment with private bath
- ❖ All utilities, except telephone service (INCLUDES: Water, Heat, Electricity, Wifi, and Basic Cable Television)
- ❖ Individually controlled heating in every apartment
- ❖ Small refrigerator and kitchen sink
- ❖ Private keyed mailboxes
- ❖ Access to on-site beauty/ barber shop
- ❖ *Low income units may be available for individuals who qualify*

Meals:

- ❖ Breakfast, lunch and dinner served cafeteria style in the dining room
- ❖ An evening snack available in the lower community room

Services:

All resident services include the provision of housing, meals, and emergency assistance.

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Additional services are determined by each resident's individual care plan. These services can include, but are not limited to;

- ❖ Assistance with activities of daily living
- ❖ Medication assistance
- ❖ Recreation
- ❖ Health related services
- ❖ Reminders for meals and appointments

Services follow a plan of care developed by a team consisting of the Registered Nurse, the Resident and/or a designated Care Coordinator or Family Representative.

In some cases, the Medicaid CHOICE Waiver Program may pay for the service charge. A list of local area Care Coordinators is included in the Application folder.

Definitions

Meal preparation: Residents are encouraged to eat meals in the dining room for socialization unless they are ill or there are other unusual circumstances. Three meals are served per day and a snack is provided in the evening. Our menu follows Dietary Guidelines for Americans to meet nutritional requirements for seniors. We specialize in the recommended DASH diet which is based on the research studies: Dietary Approaches to Stop Hypertension, and has been proven to lower blood pressure, a plan rich in fruits, vegetables, and low-fat or nonfat dairy. It emphasizes whole grains and contains less refined grains compared with a typical diet. It is rich in potassium, magnesium, calcium, and fiber. Your doctor may have recommended this eating plan; it is also recommended by the DASH eating plan as a model for healthy eating for everyone.

Laundry: Clothes, towels and sheets are washed and dried once a week on a scheduled day. Laundry soap, bleach, and softeners are provided by the resident.

Housekeeping: Housekeeping done once a week, involves dusting, washing dishes, vacuuming floors, and cleaning counters, sinks, toilets and showers. This is normally on a scheduled day.

Transportation: The Terrace provides scheduled transportation for shopping and field trips. There is no charge beyond the service package for this type of transportation. Transportation to other activities or medical appointments is

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charged a separate fee. Medical Waiver does not cover transportation to medical appointments, this is the responsibility of the resident or the resident's family.

Recreational Activities: Recreational activities planned by The Terrace staff are open to all residents at no charge. These include but are not limited to bingo, bible study, discussion groups, trips, arts and crafts, movies, music presentations and card games.

Emergency Assistance: Emergency assistance is the response of The Terrace staff to a call from a resident who requires help in situations where they may need immediate medical attention. Staff will respond and assess the situation at which time they may call 911, call the RN or call a family member or representative.

Medication, Management & Assistance: Depending on a person's need, this may range from the resident managing their medication or staff assisting in the administration of medication. Staff may assist by opening bottles, reading labels and giving verbal reminders. Staff may also provide one trip per week to the pharmacy to deliver and pick up "slotted" medication boxes. Medications will be kept in a locked medications drawer in the resident's apartment. Narcotics are kept in a locked cupboard in the Nurse's office. Staff will assist residents in taking medication according to physician's instructions or guidelines on over the counter (OTC) medications. Medication assistance may also include guiding the hand of the resident who is self-administering medication.

HSC has an agreement with Geneva Woods Pharmacy and Healthcare Services to provide prescription and over the counter medications in prepackaged blister packs. The cost is the resident's usual co-pay for medications.

If the resident/family chooses to use a different pharmacy, medications must be provided in appropriate med boxes for daily administration and a two-week supply must be kept on hand.

Help with Activities of Daily Living and Personal Care: The level of help provided will depend on an individual's care plan. This may range from no help, to verbal clues or actually helping the resident carry out activities of daily living and personal care. The highest level of service would mean the resident will receive physical assistance with some or all activities of daily living on a daily basis, such as toileting, incontinence, showering, dressing, undressing, transfers, ambulation and eating. This also may entail the staff actually washing the resident, changing briefs, cleaning the resident, helping the resident in and out of chairs and beds, walking with and steadying the resident, serving and cutting up of food and receiving physical assistance with some or all personal care on a daily basis, including hair care, oral care, cleaning dentures, personal hygiene, skin care,

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oxygen or breathing treatments and minor non-sterile dressing changes as described in their “plan of care”.

Emergency Call System: The Terrace has a Code Alert system and responds to calls from a pendant worn by each resident. The first pendant will be given to each resident upon admission at no cost. At discharge the pendant must be returned to the office. Replacements and failure to return a pendant when services are no longer needed will be charged according to the level on the rate sheet.

24-hour Awake Staff: The Terrace has staff on duty 24-hours a day that can assist residents with activities of daily living or personal care. This staff does not provide medical assistance. A nurse is available seven days a week either on site or on call. In case of a medical emergency, the staff will call 911.

Resident’s Responsibility: HSC Staff will assist the resident or resident’s representative in ordering supplies and making medical appointments if necessary. HSC staff will assist with making appointments for the resident if it is necessary. However, it is recommended that a family member/representative take the resident to appointments, especially medical appointments. If family cannot accompany the resident, please give the staff 24-hour notice. HSC will provide escort and transportation services, if available, for a fee. The payment of costs are the responsibility of the resident or the resident’s representative. The payment of bills or dealing with financial institutions is the responsibility of the resident or the resident’s representative. Medical appointments are the family members’ responsibility. Accompany your loved ones to medical appointments. *HSC cannot take responsibility for any financial commitment or a personal commitment on behalf of the resident.*

Resident Fund: The Terrace provides a Resident Fund Trust Account for each resident in a separate account. A resident can request access to funds and monthly statements will be issued. Receipts will be retained each month for any expenditure that a resident authorizes such as asking the nurse to pick up necessary items from the pharmacy or weekly shopping trips.

Wander Band Activated: For residents who are prone to wander, a band will be activated that alerts the staff when a resident goes near an exit. Staff will respond to this alarm to ensure the safety of the resident, unless the situation is not appropriate, such as, when the resident is accompanied by a family member or representative. The use of a wander band requires a quick response and therefore is considered beyond the normal services provided. See the rate sheet for the cost associated with a wander band.



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Special Meal Preparation: Special meal preparation is the preparation of a meal that is different from the normal meal being served in the dining room, made by request from a resident. Special meal preparation can also mean delivering meals to the resident's room on a regular basis when written into the resident's plan of care. Each of these requires an additional fee which is included on the rate sheet.

Special Services: The provision of special services such as, housekeeping in excess of once a week, and laundry in excess of once a week, will incur an additional monthly fee.

Transfers and Discharges: Every resident voluntarily resides in The Terrace and is free to relocate at any time. The Terrace is licensed by the State of Alaska as an assisted living home. A resident may be involuntarily discharged under certain conditions. These are as follows (Alaska Assisted Living statute AS 47.33.360):

- For medical reasons;
- For engaging in a documented pattern of conduct that is harmful to the resident, other residents, or staff of the home;
- For violation of the terms of the residential services contract or rental agreement, including failure to pay costs incurred under the contract;
- When emergency transfer out of the home is ordered by the resident's physician;
- When the home is closing;
- When the home can no longer provide or arrange for services in accordance with the resident's needs and the resident's, assisted living plan.

Except in cases of emergency transfer, as ordered by the resident's physician, the Home provides 30 days written notice of the proposed discharge to the resident or the resident's representative. If discharge is not due to medical reasons, a case conference regarding the discharge occurs if requested by the resident or resident's representative. The Home cooperates with the resident and if applicable the resident's service coordinator and the resident's representative in making arrangements to relocate the resident.

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