



FOUNTAIN PLAZA

Is it time for you or your loved one to consider retirement living?

Independent Living Facilities

Independent living facilities are exactly that. They are private apartments for seniors. These unrestrictive facilities allow a person to maintain complete autonomy. This type of facility is a very good option for those who can still do most things for themselves but need social interaction with others. Senior independent living facilities usually have on-site staff members that provide minimal supervision. Many independent living facilities also offer activities for their residents.



Key points to remember about senior independent living facilities:

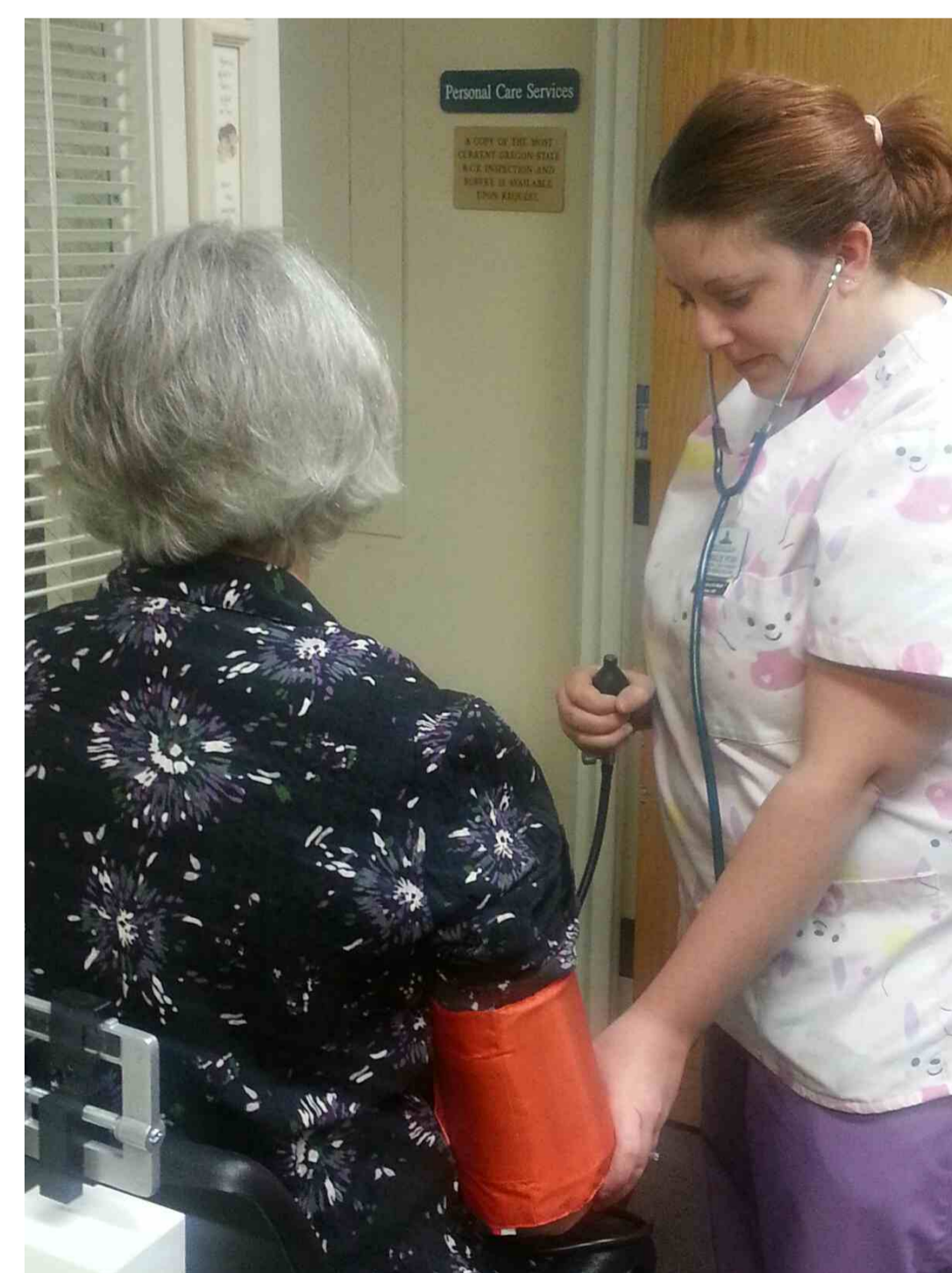
1. Allows a person to maintain independence
2. Less social isolation than living at home
3. Some supervision from management staff
4. Activities for residents
5. Inexpensive compared to other options. Housing authorities provide assistance for some facilities.
6. 3 Meals provided each day
7. Weekly housekeeping provided
8. Transportation available

Resident Care Facilities

Resident Care Facilities (RCF) are designed to help those who have difficulty caring for themselves to the extent that they can no longer live in their own home. These facilities are staffed 24 hours a day. Employees are trained to assist residents with their needs and provide supervision. RCFs are more regulated and therefore this type of facility is more restrictive than independent living. While many are resistant at first, they wind up loving the environment. Touring RCFs with your loved one is the easiest way to prove living in an RCF is the right choice.

Key points to remember about RCFs:

- 1) Direct assistance to those that may need it to perform everyday tasks
 - a) Wellness and security checks
 - b) Assistance with bathing, dressing and grooming
 - c) Personal laundry
 - d) Medication supervision & administration
 - e) Health monitoring & medical services coordination
 - f) Other personalized services designed to your personal needs
- 2) Trained staff available 24 hours a day
- 3) Nurse support
- 4) A program approach is used to promote resident self-direction and participation in decisions the emphasize choice, dignity, privacy, individuality, and independence.



Fountain Plaza's licensed Personal Care Program offers a continuum of supportive services designed to enhance your quality of life while promoting independence and dignity. Each resident is evaluated on an ongoing basis to ensure they are receiving the appropriate level of services.