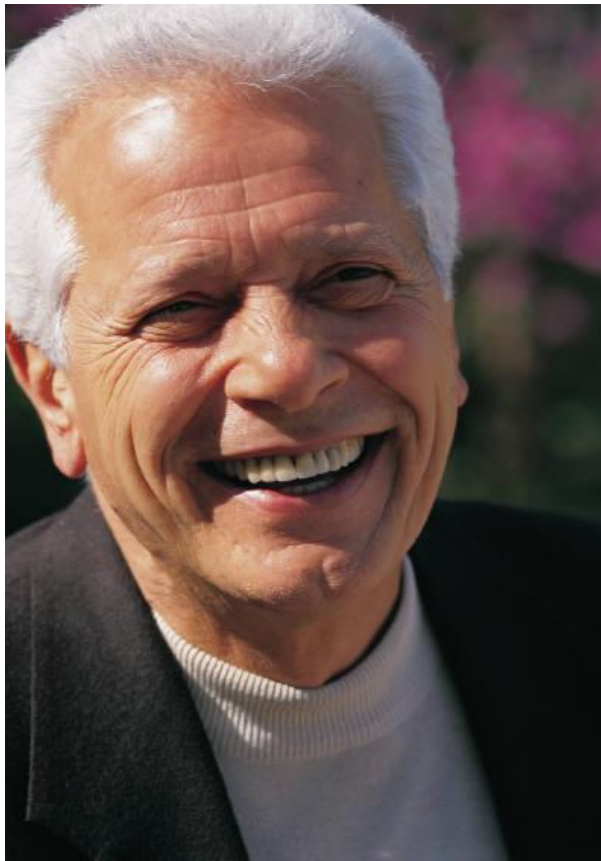


# **SENIOR HOUSING GUIDE - 2013**

for the Livingston County Area

**RESEARCH YOUR OPTIONS...**



**KNOW YOUR NEEDS...**



**CHOOSE YOUR HOME...**



**DISCUSSING OPTIONS: PRIVATE HOMES, CONDOMINIUMS, APARTMENTS, INDEPENDENT LIVING, ASSISTED LIVING, ADULT FOSTER CARE HOMES, NURSING HOMES, REHABILITATION AND ALZHEIMER FACILITIES IN THE LIVINGSTON COUNTY AREA.**

## ***Where do I start?***

Choosing to relocate that meets your specific needs can be a very difficult and overwhelming task. As you know “housing” can mean a variety of things; privately owned homes or condominiums, senior apartments, retirement communities, assisted living, nursing homes and adult day care. In addition, there may be services and amenities to consider. This Senior Housing Guide for Livingston County is intended to assist both seniors and their caregivers work through the process of relocating. (For those who wish to stay in their current home, assistance is available. Please consult our companion guide, the Livingston County Senior Caregiver Guide.)

There are four sections to this senior housing guide:

**Section 1:** A glossary defining the general types of housing you may be considering.

**Section 2:** An inventory of the specific housing facilities per category with price range and general location.

**Section 3:** Checklists for you to use when visiting a particular facility.

**Section 4:** Information on accessing additional resources available in the community that go beyond housing; medical needs, government services, transportation, recreation, etc.

This guide may lead to some difficult questions, but in the end we hope it leads you to the answers you seek.

This guide is a publication of the Livingston County Consortium on Aging, a collaborative of public agencies, private businesses and individuals striving to improve the lives of Livingston County seniors.

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# GLOSSARY OF HOUSING TERMS

## HOMES, CONDOMINIUMS, AND MANUFACTURED/MOBILE HOMES

- The Livingston County Association of Realtors at 810 225-1100 can assist you with information or locating a realtor for private homes and condominiums.
- Manufactured and mobile homes on real property, meaning not on a rented lot, are listed at [www.michhome.org](http://www.michhome.org). Additional manufactured and mobile home listings can be found in the classified sections of The Livingston County Press & Argus, MLive.com (Ann Arbor), and The Detroit Free Press.

## APARTMENTS & SUBSIDIZED HOUSING –

- Rental units of various sizes within the community at large. Seniors residing in apartments are generally able to live independently. Assistance with meals, housekeeping, laundry, etc. must usually be obtained from private or community service agencies. Apartment complexes offer a wide variety of amenities such as a swimming pool, recreational facility, clubhouse, carport or garage.
- Some complexes participate in a rental subsidy for low income seniors. The listing provided in this guide includes all apartment complexes in Livingston County with over 20 units; senior and non-senior; subsidized and non-subsidized.
- Additional apartment listings can be found in the classified sections of The Livingston County Press & Argus (The Green Sheet), MLive.com (Ann Arbor), and The Detroit Free Press.

## INDEPENDENT LIVING

- Senior housing complexes offer rental units of various sizes along with elegant living amenities and supportive services such as meals, laundry, housekeeping, transportation and activities usually included in a monthly fee.
- Senior complexes often offer a range of options from independent to assisted living.

## CONTINUING CARE RETIREMENT COMMUNITY (CCRC) –

- Full service communities offering a long-term contract that provides for a continuum of care, including independent, assisted living and nursing services, all on one campus. Some communities require that a long-term contract be signed prior to admission, which guarantees housing and services for as long as the resident lives, regardless of hi/her health. This usually involves a entrance fee (which may range from \$20,000 to \$100,000) in addition to monthly fees.

# GLOSSARY OF HOUSING TERMS (CONTINUED)

## ASSISTED LIVING

- Provides a combination of rental units of various sizes for seniors who are able to live relatively independently, but require help with activities of daily living (dressing, bathing, grooming, medicating, etc.).
- Most assisted living facilities include basic services such as meals, laundry, housekeeping, activities and transportation in the base rental price and charge a fee for each additional service such as personal care and medication monitoring.

## ADULT FOSTER CARE (AFC) HOMES

- Facilities provide basic services such as room, board, and supervised personal including assistance with medications and activities of daily living (dressing, bathing, grooming, etc.) - generally serving individuals who require 24 hour supervision for health and/or safety reasons.
- General attributes are congregate meals and activities. Some facilities have private rooms and baths, some may roommate compatible residents.
- Some can accommodate memory loss, physical disabilities and younger adults.
- The State of Michigan differentiates AFC's by unrelated resident numbers for licensing purposes: a Family Home (1-6 residents), Medium Group (7-12 residents), Large Group (13-20) and Congregate (greater than 20).
- Vary in size and available services and rates may vary depending upon level of care provided.
- Licensed and regulated by the Michigan Department of Consumer & Industry Services-Bureau of Regulatory Services.

## NURSING/REHAB & ALZHEIMER'S

- Residential facilities licensed and regulated by the Michigan Department of Consumer & Industry Services-Bureau of Health Systems to provide a range of services for individuals who require short-term or ongoing care.
- Services range from basic (room and board and assistance with activities of daily living) to skilled (basic services plus professional care services from a nurse and/or therapist).
- Some also provide sub-acute services (rehabilitation components) for individuals requiring skilled services recuperating from an acute illness or injury who intend to return to a different place of residence at some point in time.
- **Alzheimer's facilities** offer specialized programs for residents suffering from Alzheimer's disease or offering forms of memory loss. These programs can be offered by Residential, Assisted Living or Nursing facilities.

## Apartments and Subsidized Housing

Apartment Name	Contact	Income Subsidized (YES/NO)	Senior Complex (YES/NO)	Other	Price Range
<b>Brighton Cove Apartments</b> 8699 Meadowbrook Dr <b>City of Brighton</b>	810-229-8277 Phone	N	N		\$634sgl
<b>Burwick Farms Apartments</b> 525 W Highland Rd <b>City of Howell</b>	517-548-5755 Phone 517-548-5118 Fax www.equityapartments.com	N	N	Barrier free units available.	\$\$830sgl- \$927dbl
<b>Brighton Glens</b> 321 Williamson Dr <b>City of Brighton</b>	810-229-2727	N	N		\$684s- \$834dbl
<b>Byron Terrace</b> 607 Byron Road <b>City of Howell</b>	517-546-3396 Phone 517-545-2508 Fax	N	N		\$589-\$599
<b>Country Glen</b> 600 Warbler Way <b>City of Howell</b>	517-546-5592 Phone	Y	Y	Senior, handicapped and/or disabled. Includes heat and water. Barrier free units available.	\$485-\$606
<b>Fenton Heights</b> 12901 Fenton Heights Blvd <b>Tyrone Township</b>	810-629-7667 Phone	N	N	Handicap unit available.	\$525-\$795
<b>Garden Lane Apartments</b> <b>Village of Fowlerville</b>	248-685-3709 Phone	N	N	Handicap unit available.	\$650
Apartment Name	Contact	Income	Senior	Other	Price Range

		<b>Subsidized (YES/NO)</b>	<b>Complex (YES/NO)</b>		
<b>Glenwood Apartments</b> 797 Hazelnut <b>Village of Fowlerville</b>	517-223-0144 Phone 517-223-1060 Fax	Y	Y	Includes heat and water. Senior, handicapped, and/or disabled. Barrier free units.	\$520-\$723
<b>Glens at Rolling Ridge</b> 3998 Audrey Rae Ln. <b>Howell Area (Genoa Township)</b>	517-552-7868 Phone 517-552-7869 Fax	N	N	Barrier free units available.	\$699-\$875
<b>Golden Triangle/Grand River Shores Apartments</b> 3477 Highland Road <b>(Howell Township)</b>	810 577-1896 Phone	N	N	Includes heat.	\$625-\$725
<b>Grand Plaza Apartments</b> 401 S Highlander Way <b>City of Howell</b>	517-546-7773 Phone	N	N		\$649-\$724
<b>Greenwich Village</b> 428 Greenwich Dr <b>City of Howell</b>	517-548-0031 Phone 517-548-0077 Fax	Y	N		\$560-\$670
<b>Hibner Road Apartments</b> 11047 Hibner Road <b>Hartland Township</b>	810 632-5508 Phone	N	N	Handicap modified available.	\$675-\$700
<b>Apartment Name</b>	<b>Contact</b>	<b>Income</b>	<b>Senior</b>	<b>Other</b>	<b>Price Range</b>

		<b>Subsidized (YES/NO)</b>	<b>Complex (YES/NO)</b>		
<b>Lakeshore Village Apartments</b> 2812 Ontario Ct <b>Genoa Township</b>	517-546-6567 Phone 517-546-5807 Fax	Y	N	Barrier free unit available.	\$715-\$955
<b>Lexington Manor</b> 898 E Grand River <b>City of Brighton</b>	810-229-7881 Phone	N	N		\$595-\$750
<b>Mallard Pond</b> 1575 Mallard Pond Dr <b>Oceola Township</b>	517-540-6156	N	N	Ground floor units available.	\$700-\$1500
<b>Meadow Glen Apartments</b> 470 N Grand <b>Village of Fowlerville</b>	517-223-0144 Phone 517-223-1060 Fax	Y	Y	Includes heat and water. Barrier free units available.	\$409-\$632
<b>Meadow View Duplexes</b> <b>Village of Fowlerville</b>	248-685-3709 Phone	N	N	\$25 discount for Seniors	\$700
<b>Mill Pond Manor Apartments</b> 614 N 2 <sup>nd</sup> St <b>City of Brighton</b>	810-629-1179 Phone	Y	Y	Barrier free units available.	30% of income
<b>Oakbrooke Apartments</b> 201 E Elizabeth <b>Hartland Township</b>	810-629-1179 Phone	N	N	Barrier free units available.	\$750-\$955
<b>Oak Tree Village</b> Managed by Independence Village of Brighton Valley <b>City of Brighton</b>	810-229-3303 Phone www.seniorhousing.net	N	Y (55+)		\$699-\$805
<b>Apartment Name</b>	<b>Contact</b>	<b>Income</b>	<b>Senior</b>	<b>Other</b>	<b>Price Range</b>

		<b>Subsidized (YES/NO)</b>	<b>Complex (YES/NO)</b>		
<b>Ore Creek</b> 609 Flint St <b>City of Brighton</b>	810-229-5167 Phone	N	N		\$635-\$710
<b>Pine Hill Apartments</b> 307 Holly Hills Dr <b>City of Howell</b>	517-546-7660 Phone 517-546-0950 Fax pinehill@fourmidable.com	N	N		\$580-\$685
<b>Prentis Estate Apartments</b> 1103 S Latson Rd <b>Genoa Township</b>	517-546-8200 Phone	N	N	Includes heat and water. Barrier free units available.	\$615-\$625sgl \$725-755dbl
<b>Quail Creek Apartments</b> 527 Greenwich Str <b>City of Howell</b>	517-548-3733 Phone 517-548-3759 Fax	N	N	Barrier free units available. Includes heat.	\$585-\$605
<b>Rock Hill Duplexes</b> 6179 McGuire Rd <b>Fenton</b>	810-632-5834 Phone	N	N		\$679-\$750
<b>Rolling Meadows Apartments</b> 360 N Ann St <b>Village of Fowlerville</b>	517-223-3883 Phone	Y	N		\$499-\$543
<b>Rolling Meadows Senior Apartments</b> 360 N Ann St <b>Village of Fowlerville</b>	517-223-3883 Phone	Y	Y	Includes heat and water. Barrier free units available.	\$499-\$543sgl \$535-\$575dbl
<b>Sunny Knoll Apartments</b> 1333 W Grand River Ave <b>City of Howell</b>	517-546-3811 Phone 517-545-2508 Fax	N	Y	Handicap units available.	\$625
<b>Apartment Name</b>	<b>Contact</b>	<b>Income</b>	<b>Senior</b>	<b>Other</b>	<b>Price Range</b>



		<b>Subsidized (YES/NO)</b>	<b>Complex (YES/NO)</b>		
<b>Town Commons</b> 605 Pere Marquette <b>City of Howell</b>	517-545-5930	N	N	Handicap units available. Trash and water included	\$1100-1950
<b>Brighton Glens Apts</b> 321 Williamsen Dr <b>City of Brighton</b>	810-229-2727 Phone	N	N		\$684
<b>Village Place Apartments</b> 1225 E Van Riper <b>Village of Fowlerville</b>	517-223-7445 Phone 888 506-0299 Fax	N	N	Barrier free units available.	\$695
<b>Washington Square Apts</b> 33 E. Washington <b>City of Howell</b>	248-249-1491 Phone	N	N		\$650-\$690
<b>Westbury</b> 1025 Westbury Blvd <b>Genoa Township</b>	517-545-8100	N	N		\$1095-\$1695
<b>Whitehills Apartments I</b> 320 Alger St. <b>City of Howell</b>	517-546-5592 Phone	Y	N	Includes heat and water. Barrier free units available.	Based on income
<b>Whitehills Apartments II</b> 320 Alger St. <b>City of Howell</b>	517-546-5592 Phone	Y	N	Includes heat and water. Barrier free units available.	Based on income
<b>Woodland Lake Apartments</b> <b>Brighton Township</b>	810-227-3710	N	N		\$525
<b>Yorkshire Place Apartments</b> 1504 Yorkshire Dr <b>City of Howell</b>	517-546-5900 Phone	N	N	Barrier free units available.	\$665-\$820

## INDEPENDENT LIVING

Facility	Contact	Price Info	Additional Housing Options
<b>Emeritus at Brighton</b> 833 E. Grand River <b>Brighton 48116</b>	810-229-9190 Phone 810-229-7721 Fax www.emeritus.com	\$1425-\$3250 Some Services Included	Independent and Assisted Living
<b>Independence Village of Brighton Valley</b> 7700 Nemco Way <b>Brighton 48116</b>	810-227-7666 Phone 810-227-7302 Fax www.seniorhousing.net	\$2800-\$4400 Services & Amenities Included	Enhanced Living with services from onsite home health care agency
<b>Oak Tree Village</b> 7800 Nemco Way Managed by Ind. Village of Brighton Valley <b>Brighton 48116</b>	810-229-3303 Phone www.seniorhousing.net	\$699-\$805	Assisted Living available through Independence of Brighton Valley
<b>Oakhaven Manor</b> 1320 Ashebury Ln <b>Howell 48843</b>	517-548-9870 Phone 517-548-9872 Fax	\$1100 Packages of Services & Amenities available	Enhanced Living With services from onsite home health care agency
<b>Sanctuary at Woodland</b> 7533 Grand River <b>Brighton 48114</b>	810-844-7477 Phone 810-844-7444 Fax www.villagewoodland.org	\$2240	Independent and Assisted Living

### SURROUNDING AREA

<b>Glacier Hills Life-Care Retirement Community</b> 1200 Earhart Rd. <b>Ann Arbor</b>	734-913-0730 Phone 734-769-3092 Fax www.glacierhills.org	Call for details.	Provides a full continuum of care from independent living to nursing care.
<b>Silver Maples of Chelsea</b> 100 Silver Maples Dr. <b>Chelsea</b>	734-475-4111 Phone 734-475-4112 Fax www.silvermaples.org	Call for details.	
<b>Village Manor Retirement</b> 9501 E Highland Rd <b>Howell 48843</b>	810-632-6200 Phone 810-632-6244 Fax www.rmretirement.com	\$2380 - \$3250 Some Services & Amenities Included	Assister Care Available

## ASSISTED LIVING

Assisted Living Facility	Contact Info	Price Info	Additional Housing Options
<b>Emeritus at Brighton</b> 833 E. Grand River Ave <b>Brighton 48116</b>	810-229-9190 Phone 810-229-7721 Fax www.emeritus.com	\$1425 - \$3250 Some Services Included	Independent Living
<b>Independence Village of Brighton Valley</b> 7700 Nemco Wy. <b>City of Brighton 48116</b>	888-228-2674 Toll Free 810-227-7666 Phone 810-227-7302 Fax www.seniorvillages.com	\$3250-\$3900 Services & Amenities Included	Independent Living
<b>Town Commons Assisted Living Residence</b> 605 Pere Marquette Rd <b>Howell</b>	517-540-1926 Phone	Call for details.	Specialized assisted living area for memory loss care.
<b>Sanctuary at Woodland</b> 7533 Grand River <b>Brighton 48114</b>	810-844-7477 Phone 810-844-7444 Phone www.villagewoodland.org	\$2240	Independent Living

### SURROUNDING AREA

<b>Glacier Hills Life-Care Retirement Community</b> 1200 Earhart Rd. <b>Ann Arbor</b>	734-913-0730 Phone 734-769-3092 Fax www.glacierhills.org	Call for details.	Independent Living and Nursing Care
<b>Silver Maples of Chelsea</b> 100 Silver Maples Dr. <b>Chelsea</b>	734-475-4111 Phone 734-475-4112 Fax www.silvermaples.org	Call for details.	Independent Living

## ADULT FOSTER CARE

As of spring 2013 there were 61 state-licensed adult foster care facilities in Livingston County. Because of the flux and growth of the adult foster care facility family, no conclusive list is compiled for this publication. You may access a current listing of state-licenses AFC homes via the internet at [www.michigan.gov/dhs](http://www.michigan.gov/dhs). Under "Online Lookups", choose "Adult Foster Care/Homes for the Aged Facilities." There you may search by size, location and find a contact phone number. You may also contact the Livingston County Department of Human Services at 517-548-0200.

## Home Care

**Home Care**, by definition, would be services provided in the home. In many case home care services can extend staying in the original domicile. Some expenses may be covered by Medicare or supplemental insurance coverage. Please refer to our sister publication, the **Livingston County Senior Caregivers Guide**, for further discussion and a listing of home care agencies in the Livingston County area.

## HOSPICE

**Hospice**, by definition, is intended to assist the patient and family during a life-threatening period. Care may be provided in the home, hospital or a senior care facility. It is intended to involve the family along with medical professionals to provide a more comfortable physical and emotional environment for the patient. Please refer to our sister publication, the **Livingston County Senior Caregivers Guide**, for further discussion of this topic, and a listing of hospice providers in the Livingston County area.

## NURSING/REHAB & ALZHEIMER'S FACILITIES

An internet search at [www.medicare.gov](http://www.medicare.gov) will provide a complete listing by county of licensed nursing homes. Livingston County has three (3), while adjoining Oakland County has thirty-eight (38) and Washtenaw County has nine (9). This site also identifies Medicare and Medicaid participation. Below are those located in Livingston County.

Nursing/Rehab Facility	Contact Info	Alzheimer's Facility (YES/NO)
<b>Ashley Court</b> 7400 Challis Rd <b>Brighton 48116</b>	810-225-7400 Phone 810-225-8281 Fax	YES Specializes In Memory Impaired
<b>Caretel Inns of Brighton</b> 1014 E Grand River Ave <b>Brighton 48116</b>	810-220-5222 Phone 810-229-7076 Fax	YES
<b>Medilodge of Howell</b> 1333 W Grand River <b>Howell 48843</b>	517-548-1900 Phone 517-548-0109 Fax	YES Specializes in Memory Impaired

Hospice Organization	Contact	Home Care (YES/NO)	Hospice/Home Care (YES/NO)

<b>Hospice Organization</b>	<b>Contact</b>	<b>Home Care (YES/NO)</b>	<b>Hospice/Home Care (YES/NO)</b>

<b>Hospice Organization</b>	<b>Contact</b>	<b>Home Care (YES/NO)</b>	<b>Hospice/Home Care (YES/NO)</b>

## ADULT DAY CARE & RESPITE

- Provides supervised activities for frail older adults, who are socially isolated, confused, experiencing memory loss, or have a physical impairment and respite for the participant's caregiver either in the home or community setting.
- Individuals can choose the length and frequency of their program visits and care may be from a few hours to several weeks.

Organization	Phone	In Home or Facility Based	Overnight (Y/N)
<b>Area Agency on Aging 1B - AAA1B</b>	800-852-7795	Both	Y
<b>Posey's Senior Care Living</b> Fenton	800-427-6298	Facility	Y No minimum stay required
<b>Ashley Court</b> Brighton	810-225-7400	Facility	Y No minimum stay required
<b>Innovations Home Care</b> Brighton	800-765-7544	Both	Y
<b>Interfaith Volunteer Care Givers</b> (Livingston County Catholic Charities)	517-545-5944	Home	N
<b>Be Our Guest Adult Day</b> 2020 E Grand River #103, Howell	517-546-9910	Facility	N
<b>OLHSA</b> (Oakland Livingston Human Service Agency)	517-546-8500	Home	N
<b>Town Commons Assisted Living</b> Howell	517-540-1926	Facility	Y Minimum two-week stay required
<b>Sanctuary at Woodlands</b> Brighton	810-844-7477	Facility	Y Call for details



## CHOOSING A RETIREMENT/INDEPENDENT LIVING COMMUNITY

You may want to consider living in an independent senior complex if several of the following statements apply to you:

- You want to remain independent.
- You have concerns about your health.
- Emergency medical help is important to you.
- Housekeeping assistance would be helpful to you.
- You would like assistance with home maintenance and repairs.
- You would like assistance with some outdoor maintenance.
- You would enjoy the opportunity to meet new people in a social setting.
- You would like planned social and recreational activities.
- You would like transportation service available.
- You would like meals prepared for you.
- You are willing to move from where you live now.
- You are willing to have less living space in order to receive services such as prepared meals, maintenance, and housekeeping.
- You would feel safer if you moved somewhere else.
- You would feel safer if you lived with other older adults in a community setting.

### Things to consider when visiting a Retirement/Independent Living Community:

- Request a resident to be your tour guide.
- Have lunch with the residents.
- Make sure you tour the entire facility.
- If available and your schedule allows ask to stay overnight in a guest suite.
- What was your feeling when you toured the community?
- Was there activity in the main lounge, activities room, exercise facilities, library or other common areas?
- Was mealtime in the dining room pleasant?
- Are carpets and furniture clean?
- Are amenities operating?
- Was staff friendly and respectful? Did they know residents by name? Are they experienced?
- Are common areas and apartments designed so you can live as easily and independently as you would like?
- What percentage of the apartments has been rented and is occupied?
- Does the facility have a good reputation in the local community?

## CHOOSING AN ASSISTED LIVING RESIDENCE OR ADULT FOSTER CARE HOME

You will want to tour several different Assisted Living facilities before making your final decision. Because the facility of your choice may have a waiting list, it will be important to begin looking before the need arises. When trying to compare residences you should determine what is included in the monthly rent and what are the additional services charged as a la cart items.

### **How does Assisted Living differ from other senior housing?**

Assisted Living becomes an option for seniors when they are no longer able to continue to live independently, but they don't need nursing care on a daily basis. These facilities provide more health care services than most independent living retirement communities and usually have 24-hour security and on-site staff.

### **Things to consider when visiting an Assisted Living Community:**

#### ***In General:***

- Are staff visible and available to residents? Are they friendly, professional and experienced?
- Are you able to talk with residents? Do they socialize with each other and appear happy and comfortable?
- Is there a safe and accessible outdoors area for walking and congregating?
- Are visits with the residents welcome at any time?
- Is the residence clean, free of odors and appropriately heated/cooled?
- Does the residence meet local and/or state licensing requirements?
- Is the community well-designed for resident's need?
  - Is the floor plan easy to follow?
  - Are doorways, hallways, & rooms accessible to wheel chairs and walkers?
  - Are elevators available?
  - Are handrails available?
  - Are cupboards and shelves easy to reach?
  - Are the floors of a non-skid material and carpets firm?
  - Does the residence have good natural and artificial lighting?

#### ***Medication/Health Care:***

- What is the residence policy regarding storage of and assistance with medication; training and supervision of staff; and record keeping?
- Can residents manage their own medications?
- Who coordinates visits from a nurse, physical therapist, occupational therapist, etc.?
- Is the staff available to assist those with memory, orientation or judgment loss?
- Does a physician or nurse visit the resident regularly to provide medical checkups?
- What is the procedure for responding to a medical emergency?

## Things to consider when visiting an Assisted Living Community (continued):

### **Services:**

- Is staff available to provide 24-hour assistance with activities of daily living (ADLs)? ADLs include: dressing; eating; mobility; hygiene and grooming; bathing; toileting and incontinence; using the telephone; shopping; and laundry.
- Does the residence provide housekeeping services in residents' units? Are linens provided? On a daily or weekly basis?
- Is transportation to doctors' office and other activities?
- Are pharmacy, barber/beautician and/or physical therapy service offered on-site?

### **Features of Individual Units:**

- Are different sizes and floor types available?
- Are units for single and double occupancy available?
- Can residents lock their own door?
- Is a 24-hour emergency response system accessible from the unit?
- Are bathrooms private with handicapped accommodations?
- Are residents able to bring their own furnishings and what may they bring?
- Do all units have a telephone and cable TV connection? How is billing handled?
- Is a kitchen area provided?
- May residents keep food in their units?
- May residents smoke in their units? Are there designated smoking areas in the facility?

### **Social and Recreation Activities:**

- Is there evidence of organized activities program, such as a posted daily schedule, events in progress, visitors, etc?
- Do residents participate in the neighboring community?
- Do volunteers, including family members, come into the residence to help with or conduct programs?
- Does the facility require residents to undertake any chores or perform specific activities that benefit all residents?
- Are residents' pets allowed? Who is responsible for their care? Is an additional security deposit required for pets?
- Does the facility have pets?

### **Food Service:**

- Does the residence provide three nutritionally balanced meals a day, seven days a week?
- Are snacks available throughout the day and evening?
- May a resident request special food?
- Are common dining areas available?
- May residents eat meals in their units?
- May meals be provided at a time a resident would like or are there set times?

## CHOOSING A NURSING/REHAB FACILITY

Use the following checklist to heighten your awareness of what to look for as you assess various homes. If possible, both the family and the older person should be involved in the decision-making process. The more an older person participates in the planning process, the better he or she will be able to adjust to the new environment.

### How to tour and review a facility

- Talk with staff from various departments; nursing, dietary, social services, activities and administration.
- Talk with residents and their families.
- Make an appointment to tour the facility and later make an unannounced visit at a different time on a different day.
- Consider the overall feel of the facility and let your senses guide you during your visit.
- Pick up a copy of the facility's Admissions Agreement. Read it carefully and mark any areas you don't understand or are concerned with. Ask the social services director or administrator to explain these areas.
- Ask for a copy of the Nursing Home Residents' Bill of Rights and familiarize yourself with it.
- Ask to review the facility complaint records and annual inspection.
- Use the following checklist during your tour.

### Things to consider when choosing a nursing/rehab facility:

#### ***Outside and Overall Environment:***

- Does the facility have ample outside lighting?
- Is staff present when residents are outside?
- Are special considerations taken in the design of the outside areas for residents with memory loss or orientation issues?
- Are exits clearly marked?
- Is there someone at the front entrance to greet and sign in visitors?
- Is there ample parking space for visitors?

#### ***Medical Care:***

- How does the home assure regular medical attention?
- How often do physicians visit?
- Is there on-site physical, occupational, and speech therapy?
- What is the staff-to-resident ratio?
- Are there regular nursing in-service and educational programs for staff?
- What is the turnover rate for nurses and nurses assistants?

## Things to consider when choosing a nursing/rehab facility (continued):

### ***Interior Space and Rooms:***

- Are rooms clean, cheerful and have adequate lighting?
- Is the building free of odors throughout?
- Are emergency pull cords accessible in the resident's room and adjoining bath?
- Does the facility or family furnish the room?
- In shared rooms does each resident have private space, room for individual belongings and space for visitors?
- How are room changes and roommate concerns addressed?

### ***Activities:***

- Where are the majority of activities held?
- Are activities tailored to different resident groups?
- Can residents attend activities outside the facility?
- Are there structured activities on weekends and evenings?
- Are residents personally encouraged to participate in activities?
- Are there established visiting hours?
- How are activities broadcast to residents?

### ***Religious Affiliation:***

- Are various religious services held?
- Is there a Chaplain/Rabbi on staff?

### ***Community Living Space:***

- Do residents have access to common areas throughout the building?
- Are residents limited to the common areas on their wing or floor?
- Can families reserve rooms for private parties or meetings?

### ***Dining:***

- How are dining rooms staffed?
- Are snacks available upon request?
- Can families be present during meal time? Can they purchase meals?
- Are residents permitted to have food/snack in their rooms?
- Is there a set mealtime, or a range of meals hours?
- Are seating arrangements flexible?

### ***Resident self-determination:***

- Does the facility have an active resident and family council?
- Are there support groups sponsored by outside agencies?
- Are residents encouraged to participate?
- Is there someone on staff to address resident's concerns or complaints?
- How are discharge plans developed for residents returning to the community?

## CHOOSING HOME CARE SERVICES

### Questions to ask before choosing home care services:

- Does Medicare certify the agency?
- Does the agency have a contact with your insurance/HMO?
- Does the agency bill insurance provider directly?
- What type of training, supervision and monitoring does it provide its staff?
- Does the agency develop a plan of care and how often is it reviewed?
- Does a nurse conduct an initial assessment and is there an additional cost for this?
- Does the agency provide family with training on high-tech equipment in the home?
- Is there a 24-hour emergency contact for questions or complaints?
- How does the agency assure that staff are available for the requested times?
- How does the agency insure consistency of care providers?
- Is there a charge for canceling a scheduled day?
- How does the agency screen their staff? Are criminal checks completed?

If you are hiring a home care worker not affiliated with an agency, it is important to:

- Check references
- Check with any State Licensing Boards
- Have a back-up plan for when the worker is sick or on vacation.

## **CONSIDER ANOTHER ALTERNATIVE – NOT MOVING AFTER ALL**

This guide offers a range of options for those considering relocating. But for many seniors, moving is not an option. Frankly, many seniors would prefer to stay in their own home as long as possible.

If this is your first choice, consider the following home modifications that could be made to accommodate your needs:

- Remove scatter rugs and increase light bulb wattages.
- Grab bars for showers and toilets, and levered rather than round-knobbed door handles. Check out AARP on the web for additional safety tips and techniques or type “home safety for seniors” to search the internet.
- Amplified phone systems.
- Technology that allows you to wear an alert monitor which contacts an emergency service should you have an accident – Lifeline, Medical Alert, Life Response USA, etc.
- Widen doorways and construct an exterior ramp as needs increase – be sure to contact your local planning department to assure compliance with any zoning requirements.
- Hire someone to come to your home to help with cleaning, shopping, transportation or simple medical needs. Many agencies specialize in these services.

## **ADDITIONAL HELP**

You’ve read through this guide and you are still thinking, “I need help sorting through all of this!” You are NOT alone. Livingston County offers a large range of living options and some are insurance based and others are income based. It’s hard to sort out. But, be assured that all are driven by a desire to provide a quality progression of services for our county’s seniors.

To begin, talk frankly with your family and express your concerns and desires. Read through this guide to get a better understanding of your options. Then make a call to Livingston County Catholic Charities at 517-545-5944. Their Resource Advocates will discuss your range of options and help you make an informed decision.

In addition to non-profits, there are also private vendors who offer a similar service. CayCare Placement is a free referral service, new to the Livingston County area, helping families and individuals find alternative living situations and can be reached at their toll free number 866-337-1176. You can also find more information about them at [caycareplacement.com](http://caycareplacement.com).

## RESOURCES

### Area Senior Centers

Brighton	<b>810-229-3817</b>
Fowlerville	<b>517-223-3929</b>
Hamburg	<b>810-231-1000 ext 225</b>
Hartland	<b>810-632-6286</b>
Howell	<b>517-545-0219</b>
Putnam Township	<b>734-878-1810</b>
Unadilla	<b>734-498-2502</b>

### Hospitals & Clinics

St. Joseph Mercy – Howell	<b>517-545-6000</b>
St. Joseph Mercy – Ypsilanti	<b>800-231-2211</b>
University of Michigan – Ann Arbor	<b>800-211-8181</b>
Whitmore Lake Health Clinic	<b>734-449-2033</b>

**Adult Protective Services** **517-546-8668**

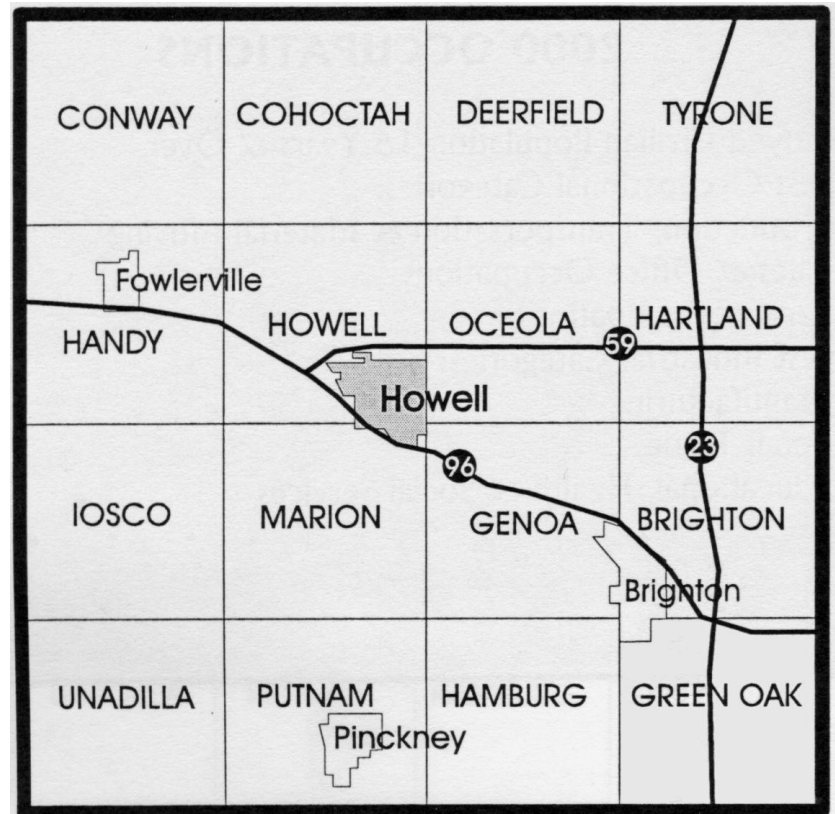
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### Information & Referral Hotlines:

**Area Agency on Aging** **800-852-7795**  
 Hotline just for senior services serving Livingston, Macomb,  
 Monroe, Oakland, St. Clair, and Washtenaw Counties

**2-1-1** **Dial 2-1-1**  
 24-hour hotline provides information on health, human, and  
 community services available in the Livingston County area.

## Map of Livingston County





## ACKNOWLEDGEMENTS

Thank you to the **Livingston County Consortium on Aging**, our county-wide group of senior service providers, public and private, working to better Livingston County's services to our seniors.

Thank you to our fellow **Senior Centers** and all the other agencies which assisted with this project.

In Service to Seniors,

Mark Swanson  
Livingston County Consortium on Aging  
Area Agency on Aging 1B Advisory Board

Glenda Recker  
Project Consultant

Note: This guide was originally produced in February 2004 using a variety of sources and most recently updated in spring 2013. Please contact the specific agency, organization, or company for up-to-date and detailed information. The guide will be updated as necessary and made available on the web at [www.co.livingston.us/seniorhousing.htm](http://www.co.livingston.us/seniorhousing.htm). Individuals and agencies may download the file and make additional copies at their own expense.