

ASSISTED LIVING FACILITIES GUIDE

| | ALZHEIMER'S CARE | 24-HR STAFFING | RN/LPN ON STAFF | INJECTION CARE | RESPIRE CARE | PETS | ADULT DAY CARE | PRICE RANGE | MEALS | FEATURES |
|-------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------------|-----------------|----------------|--------------|------|----------------|-----------------------------------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Weatherly Inn Tacoma 6016 N. Highlands Parkway Tacoma, WA 98406 253-752-8550 | Y | Y | Y | Y | Y | Y | Y | \$3,750-plus | 3 | Weatherly Inn Tacoma specializes in exceptional independent living, assisted living, and memory care. Located in the beautiful North End neighborhood. Customized care plans and LPNs on-site 24 hours. Thoughtfully designed community spaces and enriching activities and outings. AC in apartments. |
| Memory Haven 5107 Parker Road E. Sumner, WA 98390 253-750-0552 Contact: Jodie Roberts | Y | Y | Y | Y | Y | N | N | \$5,700-\$6,000 | 3 | We specialize in caring for seniors with Alzheimer's, dementia, or other types of memory impairment. Our memory care program is rooted in a resident-centered approach focused on creating feelings of belonging and purpose. |
| King's Manor 8609 Portland Ave. E. Tacoma, WA 98445 253-538-7222 Contact: Theresa Lloyd | N | Y | Y | Y | N | Y | N | \$3,600-\$4,500 | 3 | Array of activities, including exercise classes, crafts, scenic drives, and trips to local attractions. Transportation to and from doctor appointments, an in-house hair salon, weekly housekeeping, and an outdoor patio. |
| Mirror Lake Village 31000 9th Pl. SW. Federal Way, WA 98023 206-212-4208 Contact: Shannon Flores | Y | Y | Y | Y | Y | Y | N | \$3,750-\$4,600 | 3 | We are a continuing care campus which offers independent living, assisted living and memory care. We offer a high level of care with an LPN on staff. We also offer underground gated parking, on-site PT and speech, plus a full range of fun activities. |
| Franke Tobey Jones 5340 N. Bristol Tacoma, WA 98407 253-752-6621 Contact: Michelle Olafson www.franketobeyjones.com | Y | Y | Y | Y | N | Y | N | \$3,775 and up plus level of care | 3 | Continuing care retirement community on 20 gorgeous acres adjacent to Point Defiance Park. Assisted living, Care Center with skilled nursing and memory care. Personal care plans. Fitness center, Senior University, transportation five days a week, month-to-month rent. |
| The Village 4707 S. Orchard St. Tacoma, WA 98466 253-475-4707 Contact: Judy Vu | Y | Y | Y | Y | Y | Y | N | \$2,650-\$5,800 | 3 | We are a continuing care campus offering independent living, assisted living and memory care. Services include transportation, life enrichment activities, housekeeping, and maintenance. |

When it's time to choose an assisted-living residence, here's how

SAVVY SENIOR

By Jim Miller

Dear Savvy Senior,

What's the best way to go about choosing an assisted living facility for my 86-year-old father? Since mom died last year, his health has declined to the point that he can't live at home any more, but isn't ready for a nursing home, either.

Searching Susan

Dear Susan,

If your dad needs help with things like bathing, dressing, preparing meals, managing his medications, or just getting around, an assisted-living facility

is definitely a good option to consider.

Assisted-living facilities are residential communities that offer different levels of health or personal care services for seniors who want or need help with daily living.

There are nearly 29,000 assisted-living communities (also called board and care, supportive-care, or residential-care facilities) in the U.S. today, some of which are part of a retirement community or nursing home. Most facilities have anywhere between 10 and 100 suites, varying in size from a single room to a full apartment.

And some even offer special memory-care units for residents with dementia.

To help you choose a good assisted-living facility for your dad, here are some steps to follow:

Make a list.

There are several sources you can turn to for referrals to top assisted-living communities in your area, including your dad's doctor or nearby hospital discharge planner; friends, or neighbors who've had a loved one in assisted-living. Or you can do an online search at Caring.com.

Do some research.

To research the communities

on your list, put a call into your long-term care ombudsman. This is a government official who investigates long-term care facility complaints and is an advocate for residents and their families. This person can help you find the latest health inspection reports on specific assisted-living facilities and can tell you which ones have had complaints or other problems in the past. To find your local ombudsman, visit LTCombudsman.org. In Pierce County, an ombudsman can be reached at 253-798-3789. In King County, call 206-623-0816.

See **CHOOSING** next page