

# NAZARETH ROSE GARDEN

## BASE RATE

### Private Suite

\$ 3950 all inclusive  
w/Level 1 care

### Semi Private

\$2750 to \$2950  
(all inclusive  
w/Level 1 care

### Shared

### Couples

### Room

\$5850 (LOC 1 care is  
included based on initial  
assessment)

### Additional

### Levels of Care

LOC 2 Add \$300

LOC 3 Add \$500

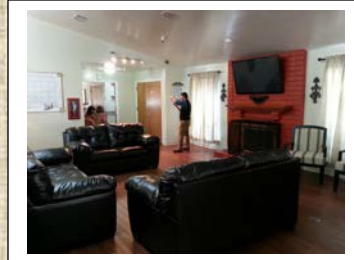
LOC 4 Max assist \$700

**LOC descriptions page 3**

### Respite Option

**Daily \$150-\$200**

(a minimum 3 days)



## Room features include

All rooms are furnished with Bed,  
Dresser and a Nightstand included.  
Housekeeping and Laundry **Daily**

Assisted Social Dining Room. Every resident's room has  
direct access to a courtyard walking garden.

- ❖ Hypoallergenic flooring throughout
- ❖ One Time \$1500 community fee

# Nazareth's Affordable Care Program

## [ ] **Dietary Program** (*Resident assisted or directed to dining room 8:30, 11:30 & 4:30*)

Caregivers will direct your resident to the dining room and provide supervision during dining. For residents unable to self-feed, they will be provided assistance at their table. Residents not suitable for social dining may be transferred to a quieter dining room where more assistance will be provided.

**Consulted diet** is served restaurant style. Hydration snacks daily. Special diets such as Vegetarian only, Gluten Free, Dialysis or Kosher diets for example may be additional.

**Physician ordered dietary supplements are not included (example: Ensure)**

[ ] **Toileting** (*Incontinence care is included. **Incontinence supplies are not included.*** (For example depends must be supplied by family or purchased through an incontinence supply program).

**If a resident requires frequent changing and caregiver assistance for incontinence, we may recommend enrollment in our incontinence supply program at additional expense.**

[ ] **Hygiene** (*Personal toiletries are provided by family*) Daily hygiene care is provided as part of your level of care (LOC). Caregiver standby assist for dressing, brushing teeth, and showering is included.

**Toiletries** Families must provide personal hygiene supplies for skin and scalp as each resident may have different allergic reactions to over the counter products. Hygiene supplies include shampoo & conditioner, soap, toothpaste, denture cleaner, electric shavers for men, and deodorant.

[ ] **Shower Day's** (*Minimum twice a week*) Residents are assigned two shower days a week MINIMUM.

**Caregivers will assist or provide standby assist for those that still have ability to self-shower.** Residents requiring higher frequency due to incontinence may require **additional showering** or sponge bath and may be assessed at a higher rate and can be discussed with our Executive Director.

[ ] **Linens Sheets and towels are provided** and are changed as needed or on shower days.

Residents that are highly incontinent may require bed pads as a part of an incontinence program.

**Personal comforters and sheets may be provided by family if desired.** Dry cleaning is not provided.

[ ] **Housekeeping & Laundry Daily included**

Room cleaning and laundry services are provided daily at around the same time. Clothing will be marked with the resident's name. Due to high volume, occasionally personal clothing items are misplaced but are usually found and put back in the right room. Don't panic. We'll make sure it ends up in the right room.

[ ] **Understanding Behavior and Medication management** (*Med management included*) **Severe or aggressive combative behavior** is common but can be managed with medication without overmedicating. Extreme combativeness, elopement risk, wanderers and Sun downing require time and patience to develop a plan of care which may be more appropriate for a memory care community like Nazareth Classic Care. Sometimes it takes up to 3 months to perfect as each adjustment is monitored for results and communicated to family and physician with a recommendation. **Hygiene non-compliance** is a resident deemed non-compliant due to combative or resistive behavior making it hazardous to provide proper care. *A family resisting Nazareth recommendations making it difficult to comply with doctor's orders is also non-compliance.* If safety of the residents or your loved one is a concern, a specialized plan of care may be recommended including *one-to-one care to insure resident safety or health.* **We do not provide one-to-one care** but it may be offered at a reasonable cost while a better option is found.

[ ] **Fall Risk management** **All residents are considered fall risks.** Efforts to ensure the proper use of walkers and reminders are used. However, some residents require constant supervision even when wheelchair bound. Dementia often comes with the urge to stand or walk unassisted. Caregivers can not be there one-on-one at all times especially in their rooms. Unfortunately, even one on one care is not fall proof as it only takes a few seconds. With residents considered high fall risk it's not a matter of if they will fall it's when. Please understand it's against DSS regulation to restrain a resident in Assisted Living. *NOTE: High fall risk may require bed alarms, chair alarms, and ½ bed rails. These are expenses Medi-Care or your insurance may cover.*

# NAZARETH Levels of Care Included

## Classic Care LOC I

- [ ] **Dietary** **Resident is able to self-feed in a social dining room without assistance**  
Caregiver assistance may be needed to direct the resident to and from dining room at meal times.  
**Resident requires No special dietary order** such as gluten free or special preference items beyond normal stocking.
- [ ] **Toileting** **Resident can self toilet or can ask for bowel or bladder assistance**  
Caregiver prompting throughout the day with reminders and provides assistance with toileting if needed.  
**Resident is fully continent during day time** with minimal mishaps. May wear depends as a back-up.
- [ ] **Hygiene** **Ability to participate in daily hygiene care with caregiver assistance**  
Caregiver provides stand by assist in personal hygiene care. Showering is scheduled 2 times weekly.  
**Resident is supervised and assisted.** Daily attire is a collaborative effort between caregiver and loved one. [
- ] **Medication & Prescription Management** This is a Dept. of Social Services regulation and required at all levels. [
- ] **Ambulation** **Fall risk is minimal with ability to follow directions.** Fall history is minimal.  
**Resident walks with safety awareness** with or without a walker with steady gait considered a **low fall risk.**

## Classic Care LOC II

- [ ] **Dietary** **Resident may be able to self-feed** in a social dining room with prompting.
- [ ] **Toileting** **Resident requires frequent bowel or bladder assistance and directing.**  
Caregiver provides incontinence care due to frequent bowel and bladder incontinence.
- [ ] **Hygiene** **Ability to continue to participate in daily hygiene care with caregiver**  
**Resident** requires 1-2 caregivers to out of bed, bath, and frequent prompting due to elevated confusion.
- [ ] **Behavior Management** **Agitation and behavioral issues** requiring higher supervision and directing
- [ ] **Ambulation** **Fall risk is elevated.** Increased supervision is required and inability to follow direction is noted.  
**Resident walks with** or without a walker. Gait is becoming unsteady. **Fall risk is higher.**  
**Caregiver may require 1-2 persons to transfer from wheel chair.**

## Classic Care LOC III included or

## LOC IV Max Assist \$1050 may be assessed based on evaluation

- [ ] **Dietary** **Resident requires assistance and during meal times due to high confusion**  
Caregiver may be needed to assist at the table during mealtimes.  
**Resident** may be bed bound requiring feeding assistance. *Special diet considerations*
- [ ] **Toileting** **Resident may require total assist.** Resident is bowel/ bladder incontinent with little self-control. Frequent changing due to bowel and bladder incontinence and 1-2 caregivers to assist in daily care is common. An **incontinence supply program is advised.**
- [ ] **Hygiene** **Fully incontinent or Bed Bound. Combative or resistive behavior displayed.**  
**Resident** is non-compliant to hygiene care due to inability to follow direction.  
Hospice care enrolled residents are common. Potential on-on-one assistance usually required including repositioning every 2 hrs.
- [ ] **Behavior** **Requires a higher level of supervision to limit disruption to other residents.**
- [ ] **Ambulation** **Fall risk is High** Resident may be unable to follow direction and has a history of falls.  
One-on one care is not included but is an option at higher costs. Wheelchair bound or bed bound residents who have the urge to walk could attempt to stand or walk with little to no warning. **These are high fall risks** may be an indication of an underlying medical issue.  
Monitoring is very difficult. Restraining a resident is illegal. One ON one care may be asked.
- [ ] **High fall risk may require bed alarms, chair alarms, and bed rails. These are not provided by Nazareth.**

## NAZARETH MOVE-IN CHECK LIST:

**Community Wellness Coordinator is your Move-in Care Plan contact PHONE 707 252-7488**

FAX 707 252-7625 email: [wellness@nazarethrosegarden.com](mailto:wellness@nazarethrosegarden.com) Janice Baisac

Any questions you have regarding care of your resident after move-in or before discharge to our community can be directed to the Wellness Department. This includes resident care, medication ordering, coordinating pre-arranged transport to Nazareth, durable medical equipment needs (hospital bed, wheelchair, walker, bed alarms etc.).

Incontinence program or medication and pharmacy set up can be directed to Minerva or to the Med-tech Office.

### Here's what you'll need:

- 602 Form w/TB Test result** Nazareth works with your Doctor or facility before move-in but in some cases they are slow or uncooperative. This is a required State of California document and can be brought in on move-in date.
- Documents Needed (if you have):** Power of Attorney (DPOA), **Residents** Social Security Card, Medical Insurance Card, Medi-Care card, prescription card, their picture ID, and DNR (do not resuscitate order).
- All Medication** and over the counter products per regulation **must always** be checked into our Med-Tech office. Please bring what you have in original bottles. As a practice whatever you bring in must go directly to Med-Tech.
- Incontinence Supplies (if needed)** : You should bring (depends, bed pads, creams, etc.) whatever you have at the time of move-in. NAZARETH has an incontinence supply program at an additional cost that you can enroll in at the time of move-in if you need one. Most families purchase them at Costco, Sam's, Amazon etc.
- Personal Toiletries** Each resident's skin is different. To avoid possible skin rashes due to unknown allergic reactions found in detergents used in body cleansing products, families provide personal hygiene supplies for skin and scalp that are already adapted to your resident. *Hygiene supplies recommended: Shampoo & conditioner, soap, toothpaste, denture cleaner, electric shavers for men (no exposed blades), and deodorant. Toilet & towels are provided.*
- Linens** Comforters and sheets may be provided by family if desired BUT NOT NECESSARY as we provide these for you. Nazareth provides clean towels daily. Bed linens are changed on shower days or as needed due to incontinence.
- Clothing** **On the inventory sheet provided in your admissions agreement green folder, you will need to write down all items you are bringing in. If you do not have it, a separate sheet of paper will do.** We recommend at least 10 days change of clothes marked with your resident's last name using an indelible black marker. We recommend inside collars etc. with the resident's name. Due to high volume of laundry, occasionally personal clothing items are misplaced but are usually found and put back in the right room. *Don't panic.* Room cleaning and laundry services are provided daily at around the same time. We'll find it!
- Admissions Contract** If provided to you ahead of time. Please sign where required in advance as it generally **takes 60-90 minutes in signing** if admissions agreement is not pre-signed. Flag any pages you need clarification on.
- Checkbook** or cashiers check if pre-arranged. Your prorated move-in summary reflects # of days divided by rate.
  
- Personal Comfort Items** to help make the transition stress free like pictures of family, stuffed animals, paintings, etc. These should also be listed on your inventory sheet in the green folder.
  
- NOTE: A One Time community fee \$1500 discussed during consultation is due at time of signing.**

*Our Team of Professionals*

**Marisol Goco Executive Dir.**

NRG Office (707) 252-7488

NCCN Office (707) 266-1468

Fax (707) 422-252-7625

Email [admin@nazarethrosegarden.com](mailto:admin@nazarethrosegarden.com)

**Community Relations Director**

Charlie Wolff CRD/Tours/Info

Direct Line (707) 301-3371 8am-6pm

Office (707) 422-1565

Fax (707) 422-0187

Email [admissions@nazarethhealthcare.com](mailto:admissions@nazarethhealthcare.com)

**Nazareth Rose Garden**

**Resident Care Team**

Janis Baisac

Office (707) 422-1565

Email [wellness@nazarethrosegarden.com](mailto:wellness@nazarethrosegarden.com)

**Business Office/Regional Billing**

Karen Wilbon BOD

Office (707) 422-1565

Fax (707) 422-0187

Email [businessoffice@fairfieldncc.com](mailto:businessoffice@fairfieldncc.com)

**NAZARETH Corporate Office**

(650) 347-9500

*We offer families an affordable memory care community for a loved one who deserves a place with dignity without sacrificing care.*

*We emphasize care as the primary reason you are choosing Nazareth.*

*We do what other communities don't want to do...offer a long term financially affordable care plan so you have peace of mind as your loved one's journey progresses.*

*REV 6/1/2015 Pricing subject to change at management discretion. More communities*

Nazareth Classic Care Menlo Park

Nazareth Classic Care of Napa

Nazareth Rose Garden of Napa

Nazareth Agua Caliente Villa

Nazareth Park Place Sacramento

Nazareth Belmont Vista

## What You should know about Alzheimer's & Dementia:

### IMPACT ON CAREGIVERS IS DEVASTATING...ARE YOU THE CAREGIVER?

Alzheimer's takes a devastating toll on caregivers. Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high; about 40 percent suffer from depression. Due to the physical and emotional toll of caregiving, Alzheimer's and dementia caregivers had \$9.7 billion in additional health care costs of their own in 2014. Don't hesitate to secure care for your loved one. It could save ...your life.

### A SOCIAL PROGRAM TAILORED TO RESIDENTS WITH MEMORY LOSS IS A MUST

A resident who is still socially active or diagnosed with memory loss benefits greatly from a social program that engages their minds. **NAZARETH's Activities Director is certified for dementia and Alzheimer's utilizing proven techniques designed to engage every resident regardless of level of care.**

### ASSISTED LIVING OR BOARD AND CARE?

- **24 Hr. awake team staff** with multiple team members' vs 1 person supervising at night. Caregiver's conduct well being room checks every 2 hrs.
- **Social activities that engage the mind** even if the resident is just "observing and not participating". Residents tend to thrive versus survive in Al's.
- **Environment is designed for them. It's their world not ours.** Residential Board and Care homes serve a purpose but are not designed to stimulate and engage residents on a daily basis. **NCCF is 100% Memory Care**
- **Multiple areas to utilize** including Activities rooms, TV lobbies, outdoor sitting areas and dining rooms. Each area disperses their energy helping to control behaviors including anxiety, depression, and wandering.
- **Dementia behaviors change over time** Board and Care homes may be able to accommodate behavior issues until they become disruptive or wander from room to room. Multiple moves from community to community are extremely disruptive to behavior.

**OUR GOAL...TO PROVIDE AN APPROPRIATE CARE PLAN  
AND ENVIRONMENT THE FIRST TIME INSURING A  
GREATER CHANCE FOR SUCCESS.**