



## THE GABLES PERSONAL CARE SERVICES PROGRAM

A basic goal of an Independent Living Community is to provide seniors with services that will maximize their quality of life as they age in place. Toward that end, The Gables is pleased to be able to offer optional personal care services, similar to some of the daily support offered in Residential Care, so that our residents can continue to live safely in their Independent Living apartment.

### Basic Care

Services provided with this optional program include:

- ◆ Medication management  
*Gables staff will assist with the administration, ordering, and distribution of medication(s), including coordinating with the physician and pharmacy to insure timely refills.*
- ◆ Laundry and linen services (weekly, with daily monitoring)  
*Gables staff will launder, fold and put away all laundry, as well as change bed linens.*
- ◆ Housekeeping (daily monitoring)
- ◆ Cognitive support (e.g. check-ins, reminders)
- ◆ Snacks offered (in addition to the meals currently provided)

Cost for Basic Care services

\$936/month

### Enhanced Care (Level I and Level II)

Services provided with this optional program include:

- ◆ Assistance with the activities of daily living such as bathing, dressing, grooming, ambulating, etc.
- ◆ Medication management  
*Gables staff will assist with the administration, ordering, and distribution of medication(s), including coordinating with the physician and pharmacy to insure timely refills.*
- ◆ Laundry and linen services (weekly, with daily monitoring)  
*Gables staff will launder, fold and put away all laundry, as well as change bed linens.*
- ◆ Housekeeping (daily monitoring)
- ◆ Cognitive support (e.g. check-ins, reminders)
- ◆ Snacks offered (in addition to the meals currently provided)

Cost for Enhanced Care Level I services

\$1,747/month

Cost for Enhanced Care Level II services (based on assessment score)

\$2,558/month