#### CARE FACILITIES in Stoughton, WI 53589

The following are area care facilities and explanations of the different categories of options. For a list of things to consider, please see our "Questions to Ask" on pages 23–25. See the Wisconsin Department of Health Services Division of Quality Assurance Provider Search: <a href="https://dhs.wisconsin.gov/guide/provider-search.htm">dhs.wisconsin.gov/guide/provider-search.htm</a> for a listing of the most current local provider and compliance history information.

#### **ASSISTED LIVING FACILITIES**

An assisted living facility is a place for people who need some care but not 24-hour access to a caregiver. In Wisconsin, there are three types of assisted living facilities.

**1. ADULT FAMILY HOMES (AFH):** an adult family home is an assisted living facility where adults, who aren't related to the caregiver, live. AFH residents also get care that's beyond room and board, and that may include up to seven hours per week of nursing care per person. Adult family homes may also provide services to people experiencing dementia. AFHs range in size from 1 to 4 beds.

Country Living 2803 Door Creek Rd., 608-843-0237

**Greenwood Home**, 400 Hoel Ave 608-220-5787 or 608-719-5078

Holly's House 1902 Spring Road, 608-873-1612

Rosewood Adult Family Home 2551 Havey Lane, 608-438-1585

**2. COMMUNITY BASED RETIREMENT FACILITIES (CBRF):** a CBRF is an assisted living facility where five or more adults who aren't related, live in a community setting. CBRF residents also get care that's beyond room and board and that may include up to three hours per week of intermediate level of nursing care per person. Community based retirement communities may also provide services to people experiencing dementia. CBRFs range in size from 5 to 237 beds.

Azura Memory Care 1221 E. Main Street, 608-873-8333

Heritage Center Skaalen Retirement Services 400 N. Morris Street, 608-873-5651

Kettle Park Senior Living 2600 Jackson Street, 608-523-9491 Magnolia Garden — Memory Care Skaalend Retirement Services 400 N. Morris Street, 608-873-5651

Milestone Senior Living 2220 Lincoln Ave, 608-205-6800

Stoughton Meadows 2321 Jackson Street, 608-877-1227

#### ASSISTED LIVING FACILITIES continued...

**3. RESIDENTIAL CARE APARTMENT COMPLEX (RCAC):** an RCAC is an assisted living facility that is an independent apartment complex where five or more adults live. RCACs can have 5 to 109 apartment units. To qualify as an RCAC, a space must have an entrance and exit that can lock, a kitchen with a stove or microwave oven, a personal bathroom and a space to sleep and live. An RCAC is not a nursing home or a community-based residential facility (CBRF), but it may be the same physical building.

RCACs aren't for people who have Alzheimer-related dementia or other aging conditions that require more in-depth care. RCACs provide no more than 28 hours per week of emergency, nursing, personal or supportive services to residents. The services must be part of a tenant's service agreement.

Kettle Park Senior Living 2600 Jackson Street, 608-523-9491

Milestone Senior Living 2220 Lincoln Ave, 608-205-6800 Skaalen Heights Skaalen Retirement Services 950 Ridge Street,608-205-3800

#### SKILLED NURSING HOMES

A nursing home facility provides 24-hour nursing services, including room and board to five or more unrelated persons. Often, people who live in nursing homes need constant care because of their physical or mental condition. Some people get care hey would get from a nursing home at the hospital. These hospitals are called swing bed hospitals.

Nazareth Health & Rehab Center 814 Jackson Street, 608-873-6448

Skaalen Nursing & Rehabilitation Center 400 N. Morris Street, 608-873-5651

## **CARE FACILITY SERVICES**

**A Place for Mom**, 708-328-8918

services connecting families to senior living resources. *Free to families* as providers pay a fee for their listing with APFM.

WI Board on Aging & Long Term Care 214 N. Hamilton St., Madison WI 53703 1-800-815-0015 longtermcare.state.wi.

Medicare's Nursing Home Compare 1-800-MEDICARE medicare.gov

Compare nursing homes in the area by facility characteristics or quality measures.

Long Term Care Ombudsman
WI Board on Aging & Long Term Care
214 N. Hamilton St., Madison WI 53703
1-800-815-0015 longtermcare.state.wi.us
An Ombudsman protects and promotes the rights of long-term care consumers. They answer questions about care options, and serve as an advocate to investigate facility complaints and suggest solutions.

### **Choosing a Care Facility**

The following is advice from the Board on Aging and Long Term Care Ombudsman Program's guide, "Making the Right Choice: Choosing a Residential Facility" found at <u>longtermcare.wi.gov</u>. It is intended to help you make an informed choice that is right for you or your family member.

#### Be prepared.

Which type of "home" will best suit your needs? Your Long Term Care Ombudsman (p. 7) or your Aging and Disability Resource Center (p. 33) can help you understand the different types of facilities available (p. 6), and the different funding requirements and options for paying for care.

- You may want to ask that any available written information such as price lists, mission statements, available services and admission agreements be sent to you ahead of time to help you prepare your questions and have time to read the "fine print."
- Before or during your visit you might review inspection reports (or surveys), which can be found online (<a href="mailto:dhs.wisconsin.gov/guide">dhs.wisconsin.gov/guide</a>) or posted in the home/facility.
- Take time to write down the top two or three services or issues that are most important to you as you make your choice.

#### Visit the homes you have identified as your choices and ask questions.

- During your tour ask questions about the home/facility and how its care is organized; ask
  about its reputation in the community and what the people that live there say about the care
  provided. There is a checklist of questions available in the guide mentioned above.
- Notice whether the person who gives you the tour asks about the needs and preferences of you or your loved one. Ask yourself if you are satisfied with the answers.
- Think about making a second, unscheduled visit on a different day, possibly during a meal or social program. This will help you see for yourself how well the home organizes these important times of the day, allowing you to observe how skilled and welcoming the staff are, and most importantly, how content the people who live there seem to be.

# As you make your decision.

- Compare your notes and decide whether the homes that you visited can fulfill those top two or three priorities that you identified.
- Be sure you know whether the home can provide the services that you or your loved one require, and that questions about how care and services are paid for have been answered.
- Take the time to carefully and completely read all the documents that you or your loved one
  will be asked to sign when moving in. You may also want to ask an attorney or other trusted
  person to review these documents with you.

## Use your voice.

If you or your loved one have questions at any time about the care and services provided, or if you feel dissatisfied with the conditions in the home, please contact your Long Term Care Ombudsman at 1-800-815-0015, <a href="longtermcare.wi.gov">longtermcare.wi.gov</a>. The Ombudsman is there to assist you in getting the care that you need and expect, and works to educate staff, residents/tenants and family members about long term care systems.

### Things to consider

The following are some topics to consider during your search for a care facility. A full checklist of questions specific to the topic are available in the "Making the Right Choice: Choosing a Residential Facility" guide which can be found at longtermcare.wi.gov.

**Resident Rights:** Most homes welcome families and other visitors into the home and should be receptive to issues being brought to their attention.

**Personal Care & Supportive Services:** Care and assistance should reflect the person's needs, preferences, habits and lifestyle, and should be provided with dignity and respect.

**Medical Services:** Homes should either provide or assist with medication management, arranging and assisting with transportation to medical appointments, managing medical conditions and responding to emergencies. Nursing homes can be expected to provide a higher degree of skilled nursing service than assisted living facilities.

**Caregiving:** Staff should be well-trained and committed to meeting your needs and wants.

**Living Space & Bathrooms:** Homes should be respectful and supportive of residents' needs and wishes regarding personal space, roommates, and private bathroom use.

**Physical Environment:** When touring, be sure to evaluate whether or not the home is not only attractive, but that it meets your expectations regarding location, cleanliness, physical accommodation and overall comfort.

**Social Opportunities & Community Access:** Socialization is an important part of healing and satisfaction; homes should provide options that meet residents' needs/wants.

**Meals & Snacks:** Food should be nutritious and meet personal/ethnic preferences.

**Other:** Ask how changes in rates and services are communicated, and what "other charges" you might be responsible for. If using personal funds, what happens if those were to run out? Ask about advanced notice required, use of down payments or security deposits. If needed, will staff assist in securing public funding, or in finding another home?

## Making your decision/Things to Consider

Are you comfortable that the home can meet your needs? Did you talk with any residents about how they like living there? Do the residents overall look neat and clean, happy and involved in the life of the home? Do the staff that you observe seem to treat others with respect and dignity? Do the staff seem to like their jobs? Do the staff seem to respond quickly to those who need help? Did they greet you and seem friendly as you toured? Would you feel proud to have other people visit you or your loved one in this home?