

# Welcome to Rosewood Courte

Thank you for your interest in Rosewood Courte Memory Care. Our community provides a unique approach to memory care through a combination of housing, individualized supportive services, and healthcare designed to meet the needs of our residents while maintaining their privacy, dignity and independence.

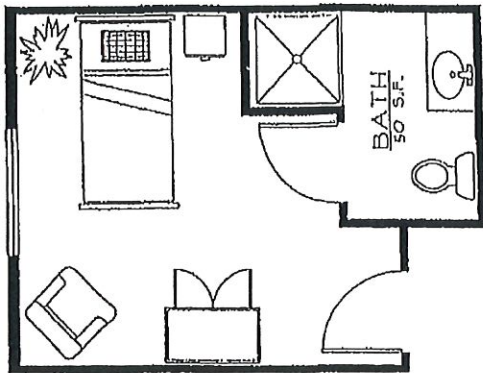
Rosewood Courte is designed specifically to improve the quality of life for residents experiencing memory loss. Our entire staff is required to undergo specific training to care for those with memory loss. We pride ourselves on giving our residents a greater opportunity to express their unique individuality.

Our residents enjoy numerous courtyards with walking paths and trees. There are beautiful views from every resident's room where they can enjoy bird-watching and nature.

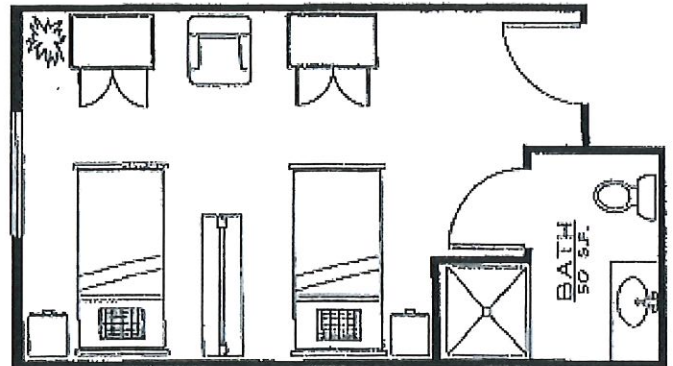


# Floor Plans

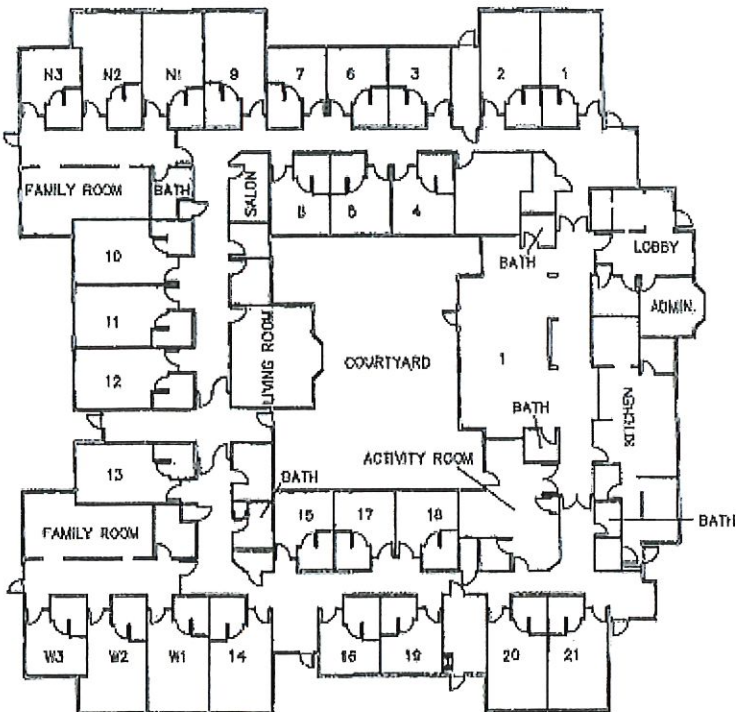
Private Suite  
150 sq. ft.



Companion Suite  
250 sq. ft.

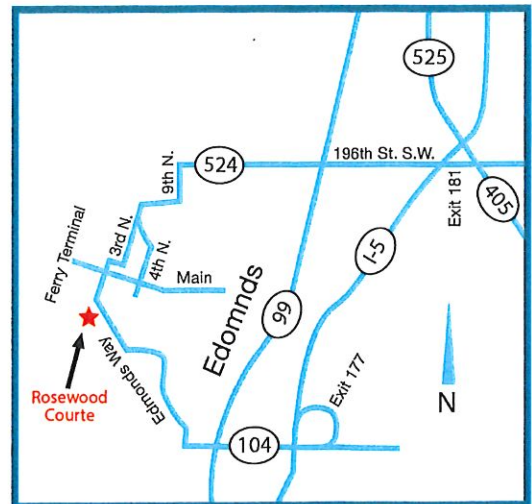


The Community



## DIRECTIONS

From I-5 take exit #177, state route 104, and head west. Turn right onto Edmonds Way and after a short drive, look for Rosewood Courte Memory Care in Edmonds at 728 Edmonds Way



# A Day at Rosewood Courte

At Rosewood Courte we provide individual programming and activities seven days a week. Our special programming will provide personalized life enrichment and continue to assist individual residents to perform life-long skills to meet his/her needs. Programs and activities are designed to allow the resident to feel useful, thereby increasing self-esteem. The resident's usual routine before move-in will be included in his/her plan of care. All of the activities of daily living, from the time a resident wakes up until the resident is again in bed asleep at night, are considered a part of programming and activities. Below is a typical structured day with our designated activity staff and care team at Rosewood Courte.

## *A Typical Day at Rosewood Courte*

8:00 - 9:30 am

### **BREAKFAST**

Life Skills and Routine/Daily Tasks (personal hygiene; making the bed; light housekeeping and laundry; preparing for meals setting the table; watching TV; reading the newspaper)

9:30 - 12:00 pm

### **GROUP ACTIVITIES/SMALL GROUPS**

Movement & rhythm band; morning snack; bus rides; visits to special events)  
**Structured Programs** (arts and crafts; horticulture classes; current events; religious services or individual activities as determined by needs/plans)

12:00 - 2:30 pm

### **LUNCH**

Life Skills and Routine/Daily Tasks. Quiet time and/or Rest

2:30 - 5:00 pm

### **GROUP ACTIVITIES/SMALL GROUPS**

**Structured Programs** (movies; poetry; reading; reminiscence; children and pet visits; or individual activities based on need of each resident)

5:00 - 7:00 pm

### **DINNER**

Life Skills and Routine/Daily Tasks

7:00 - 8:00 pm

### **PREPARATION FOR BEDTIME**

# Costs & Services

Companion Suite (double occupancy room with bath)	\$ 4,700.00
Deluxe Companion Suite (larger double occupancy room with bath)	\$ 5,500.00
Private Suite (with private bath)	\$ 6,600.00

The above fees include the following:

- Three home style meals and snacks daily
- Therapeutic individual and group programs including entertainment and activities
- Personal care service
- Housekeeping and linen service
- Personal laundry service
- Secure outdoor patios, walkways and courtyards
- Highly trained, caring staff
- All utilities (except personal phone)
- Emergency call systems in each room and private bathroom
- Family support programs
- On-site 24 hour nursing

Rosewood Courte carefully assesses each individual to determine resident strengths, challenges, and the level of staff support required, and then designs a unique program for each resident. Our assessment team is dedicated to ensuring that a comprehensive Service Plan is developed which will emphasize each resident's functional strengths, and provide the appropriate level of personal attention.

Care Point Charges: \$135.00 per point per month

Deposit/Admission Fee: \$6,500.00

The deposit is fully refundable if an admission does not occur. Once a resident moves-in, the \$6,500.00 becomes the non-refundable admission fee.

## Some Non-Covered Charges:

Personal telephones, beauty salon care, medications, ordered therapies (physical, occupational and speech) labs or x-rays, transportation to medical appointments and personal care items such as briefs and podiatry. These items will be billed through insurance and families are responsible for co-pays and fees where appropriate. We also offer services for visiting physicians, podiatry and mental health specialists.

## Our Commitment to Dementia Care

At Rosewood Courte, it is our privilege to extend special care to those with Alzheimer's Disease or related dementia. Further, we are pleased to provide a highly progressive approach that supports each person to experience joy, comfort, meaning and growth in their life.

In recent years, great strides have been made in the care and treatment of Alzheimer's Disease and related dementia. In response to the latest research by the Alzheimer's Association, the National Institutes of Health and others, our care professionals not only offer state of the art personalized techniques to help our residents and clients, but our whole community has been designed and constructed to meet the latest clinical findings. Our residents can enjoy pet therapy, music therapy and even virtual reality.

You can be certain that your loved one who suffers from Alzheimer's Disease or a related dementia will receive the finest possible care at Rosewood Courte. Our programs and services are designed to accommodate the specific, individualized needs of persons in the middle and later stages of disease with resident-centered approaches intended to promote optimal health and quality of life. Our entire team receives ongoing and specialized training for memory care.



# Transitions Program

## **Adult Daycare & Short-term Respite**

Rosewood Courte understands that even the very best caregivers need a time of rest and rejuvenation. Our flexible Adult Daycare and Short-term Respite services offer two unique and convenient, yet personalized options. Whether your need is only once in a while or ongoing, we can help. Our 24-hour nursing and care team will assist you with individualized care for your loved one while you run errands, go to work, or take a vacation. Whatever your needs are, we will work with your lifestyle and your schedule.

### **Adult Daycare Rates:**

\$17.00 per hour

One-time Enrollment Fee of \$500.00

Available 6:00 a.m. - 11:00 p.m.

### **Short-term Respite Stay Rates:**

Our 1-30 day, overnight respite program includes all meals, programs, activities, nursing care, security and assistance with daily living needs.

\$250.00 per 24 hour day



The transitions program is designed to help residents ease into long-term care and get acquainted with our community and care team.

Our Transition Programs are offered  
24 hours a day, 7 days a week, based on availability and assessment.

# Our Advanced Approach

The evidence clearly shows that individuals with dementia related illnesses benefit from a managed stimulus environment offering a variety of interaction.

The Alzheimer's Association's Dementia Care Practice Recommendations state that "optimal care" occurs with the development of healthy relationships between staff, family and residents. We know that quality of life depends on the quality of the relationships that residents have with their caregivers. We offer a smaller, more intimate environment and are able to meet more acute care needs.

With a diverse population, our approach can help delay the worst effects of memory loss and social withdrawal. While families often try to care for loved ones at home few provide the amount of structured stimulation that is necessary.

Families are an integral part of Rosewood's program. Beginning with the initial comprehensive assessment and continuing through participation in development of the Negotiated Service Plan, families are encouraged to be an ongoing part of the resident's life. Resources are offered to provide education, understanding and emotional support.

At Rosewood, we begin by truly getting to know each resident or client. We understand that each person with dementia is unique, having their own set of strengths and need for support. We also understand that these needs will change over time as the disease progresses. Our care professionals are able to determine how best to serve each resident by knowing each resident's life story, preferences and abilities.

Our approach makes all the difference. It begins with a comprehensive training program for all our caregivers, and continues with care managed by experienced professionals, with the goal of providing holistic "person centered" care to each resident and client.



# Our Design

Our design is built around our unique program. At Rosewood Courte, we have created a physical environment that encourages and supports independence while promoting safety and spontaneous activity.

Throughout, we've attended to every helpful detail. For instance, within the residence, there are recognizable areas for dining, activities and toileting. Outside each resident's room there is a space to add personal photos and memorabilia. This helps residents to recognize and connect with their own personal space. Our wide hallways, multiple common areas, and memory stations allow freedom of movement, safe wandering and encourage meaningful, individual or group activity.

At Rosewood Courte we have designed large, secure outdoor spaces to be inviting and functional for independent use. Our courtyard provides a pleasant environment to enjoy visits with family or just have a moment of solitude. Our backyard provides paths that encourage exploration and exercise.

The community consists of 29 rooms including 13 private rooms and 16 companion suites. Each room or suite has a private bathroom.

In addition to the resident rooms, the community consists of a "Residence Commons" with dining rooms, a living room, family room and two activity spaces all arranged around the central service core that contains bathing rooms, facility laundry and the facility kitchen as well as other support facilities.

The entire community is secured by a delayed egress system designed to immediately detect any attempts at elopement. Staff are trained to observe and monitor residents whereabouts frequently.

