

FOREST SIDE MEMORY CARE

A FOREST HILLS OF DC COMMUNITY

Welcome to Forest Side, an Alzheimer's and dementia care assisted living community offering individuals and couples an upscale and intimate life style. Our commitment and dedication to a complete and fulfilling way of life for each resident is evident throughout the community.

Resident-centered care at Forest Side is designed to address key wellness areas:
Emotional | Physical | Social | Intellectual | Spiritual | Environmental

The thirty-three spacious apartments, many with unique floor plans are grouped into neighborhoods, with eight apartments per neighborhood offering intimate communal living. Apartments are impeccably appointed with hardwood floors throughout, built in cabinetry, closets and bookcases.

Our monthly fee includes:

- 3 meals per day, served family style in each great room
- Housekeeping, personal laundry and linen service
- Utilities, maintenance and repairs
- Flat screen TV & cable, telephone & local service
- Alzheimer's /dementia care specific programming & activities
- *Roam Alert/ResponseTech*, community-wide wander safety system
- 24 hour on site nursing personnel
- Primary personal care services including:
 - Medication management/administration
 - Basic Activities of Daily Living (ADLs) support

Our monthly fees are as follows:

<u>Apartment Type</u>	<u>Square Feet</u>	<u>Monthly Rate</u>
Studio	372-375 sq ft	\$8,803
Deluxe Studio	414-454 sq ft	\$9,918
One Bedroom	466-593 sq ft	\$10,587

*Community Fee: One time charge of 1x the standard monthly rate

**Monthly room and board charges are calculated as a daily rate and invoiced on a monthly basis.

Second person fee: \$1,500 per month (excluding Level of Care fees)

Rates as of January 1, 2019

Assisted Living is defined as the intermittent assistance of one person, but not total dependence with Activities of Daily Living.

Activities of Daily Living are: Assistance with medications, dressing, bathing, grooming, bathroom use or incontinent care, cueing or redirecting, and escorts to and from meals or social and fitness activities.

Upon admission, we will work with a resident’s physician and our Registered Nurse will meet with a resident and their family member to determine the appropriate Level of Care.

Our Levels of Care are based on amount and complexity of assistance needed.

Forest Side Memory Care Levels of Care are as follows:

Level I	Basic Personal Care Services	INCLUDED*
Level II	Advanced Personal Care	\$1,519 per month
Level III	Maximum Personal Care	\$2,381 per month

*Includes basic medication management and basic ADL assistance.

Level of Care fees do not include personal consumable supplies (e.g. incontinence products)

Available for all residents, our community amenities include:

- 4 great rooms with full kitchen & dining facilities, fire place & TV lounge
- 3 secure enclosed porches
- Large secure garden & courtyard with private section for family visits
- Essential Elements Day Spa with beauty salon and barber shop
- Large community room for parties, entertainment and special events
- Private family living room for comfortable visits with loved ones
- Medical, Psychiatric, Psychological, Podiatry and Rehabilitation services on site

Rates as of January 1, 2019