

# Our Living Options

As a Capital Senior Living community, we work collaboratively with the resident, family and, when needed, our team of caregivers to design a custom, person-centered approach to nurturing the whole self. Our first-rate amenities, active social involvement and delicious culinary options create genuine, meaningful experiences. Service options vary by community. Ask your community trusted advisor for a specific list.



## Independent Living Services

- 24-hour staffing
- Meals served daily
- Access to a third-party, on-site home health agency providing wellness checks
- Housekeeping and linen services
- Recreational activities and entertainment
- Scheduled courtesy transportation



## Assisted Living Services

- 24-hour staffing
- Regular personal care assessments
- Access to a choice of home health agencies
- Meals served daily
- Medication reminders and administration available
- Escort and transfer assistance
- Housekeeping and linen services
- Bathing, dressing and grooming assistance
- Incontinence care
- Wellness, walking, balance and exercise classes
- Recreational activities and entertainment



## Respite Care

Whether you are an individual recovering from a recent hospital stay or caregiver who needs a much-deserved break, respite care may be just the solution you need. Our program provides a positive, vibrant environment for senior adults who may need some level of temporary support or monitoring in the absence of their normal caregivers through short-term stays. Respite Care residents enjoy a temporary, spacious apartment with access to our community's services, amenities and features.