

ASSISTED LIVING GUIDE for NORTHWESTERN ILLINOIS



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PREFACE

The Northwestern Illinois Area Agency on Aging (NIAAA) is a not-for-profit agency authorized by the Illinois Department on Aging to plan, coordinate, and administer programs for older persons in northwestern Illinois including Boone, Carroll, DeKalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago counties. NIAAA's goal is to develop a comprehensive network of services for older persons in order to assist them to remain independent and in their own homes as long as possible.

NIAAA works at the local level with agencies servicing seniors listed in this directory to coordinate services and pool resources. NIAAA also funds social and nutrition services with Title III Older Americans Act Funds under a three year area plan. These services are available to individuals sixty years of age and older on a donation basis. No person is denied service due to unwillingness or inability to contribute. Please contact the NIAAA office for further information.

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NIAAA is physically accessible and programmatically accessible to people with disabilities.

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INTRODUCTION

Most people choose to remain in their current living situation for as long as possible. However, when health problems arise, moving to a new living arrangement can provide security, freedom from worry and the assurance that care will be available when needed.

Northwestern Illinois Area Agency on Aging has developed the ***Assisted Living Guide for Northwestern Illinois*** to provide assistance to older adults and their families searching for a new living arrangement. In order to make the best decision about assisted living and other supportive housing options, take the time to research and explore all choices available. The guide has been divided into five sections:

Section I Assisted Living

Section I provides information about licensed assisted living facilities in the area including specific information about each facility.

Section II Sheltered Care

Section II provides information about licensed sheltered care including specific information about each licensed sheltered care facility.

Section III Supportive Living

Section III contains information about the facilities offering Medicaid reimbursement for room and board and supportive services and a facility providing community based residential care.

Section IV Comprehensive Care in Residential Settings

The Luther Center is the only CCRS in northwestern Illinois.

Section V Other Options

Section V describes board and care, continuing care retirement communities, and independent living with services.

Section VI Community Agencies Providing Assistance

Section VI contains lists of community agencies able to assist in your search for assisted living and supportive housing. Local senior agencies are able to assist with the search, answer questions and respond to concerns after a move has been made to a new living arrangement.

Each county in northwestern Illinois has a different array of options (refer to the list on the page that follows). Boone County has no assisted living, sheltered care, supportive living or other options at this time. In the future, new assisted living options will be developed to fill the gaps in service and offer a wider array of options.

The information in this guide is just a starting point. Your choice about assisted living should not be based solely on the information in this guide. It is important to tour facilities and talk to the staff and residents. Visit several facilities to compare and contrast them using the checklist in Section I, Appendix 1.

As the regional area agency covering northwestern Illinois, Northwestern Illinois Area Agency on Aging is able to provide additional information or answer questions. Feel free to call our agency at (800) 542-8402 or (815) 226-4901.

ASSISTED LIVING/SHELTERED CARE SUPPORTIVE LIVING BY COUNTY

BOONE COUNTY

Assisted Living: None
Sheltered Care: None
Board and Care: None

CARROLL COUNTY

Assisted Living: None
Sheltered Care: None
Supportive Living: Pinnacle Place

DEKALB COUNTY

Assisted Living: Grand Victorian Sycamore
Sheltered Care: Oak Crest
Supportive Living: Heritage Woods of DeKalb
Shabbona Supportive Living
Facility

JO DAVIESS COUNTY

Assisted Living: Galena Stauss Assisted
Living Center
Grandview Estates
Sheltered Care: None
Supportive Living: None

LEE COUNTY

Assisted Living: Avonlea Cottage of Dixon
Lifehouse - Liberty Court
Sheltered Care: Heritage Square
Supportive Living: None

OGLE COUNTY

Assisted Living: Family First Shared Home
Sheltered Care: None
Supportive Living: None

STEPHENSON COUNTY

Assisted Living: Hawthorne Inn of Freeport
Oakley Courts
Sheltered Care: Garden Court of Freeport
Parkview Home
Supportive Living: Hawthorne Inn of Freeport

WHITESIDE COUNTY

Assisted Living: Avonlea Cottage of Sterling
Coventry Village
Good Neighbor Care
Sheltered Care: Parkway Center
Resthave Home of
Whiteside County
Supportive Living: Heritage Woods of Sterling

WINNEBAGO COUNTY

Assisted Living: Anam Care, Inc.
Bickford House of Rockford
Crimson Pointe
Highview in the Woodlands
Lifehouse - The Atrium
Loyalton of Rockford
Morning Star Village
North Pointe Terrace
Prairie View
Sheltered Care: Alpine Fireside
Fairhaven Christian
Retirement Center
Highview in the Woodlands
P.A. Peterson Home
Provena Cor Mariae Center
Willows Arbor at Wesley Willows
Supportive Living: Heritage Woods of Rockford
Rockford Supportive Living
CCRS: Luther Center

ASSISTED LIVING GUIDE FOR NORTHWESTERN ILLINOIS

How can this guide help me?



Are you considering making a change in your current living situation? Perhaps your house is too large and too difficult to maintain. Maybe you are interested in receiving meal service, housekeeping, transportation, health and other services.

You may have heard about a new type of housing called assisted living. Assisted living is independent, homelike senior housing that offers a variety of services. Assisted living offers more services than other types of senior housing.

Choosing a new living arrangement is an important decision. This Guide will help you evaluate the facts, explore options and make a decision. By using this Guide you will:

- Determine the location of assisted living facilities in your area;
- Review features of each assisted living facility;
- Learn how assisted living is different from nursing home care;
- Know what questions to ask when choosing a facility; and
- Gain information on your rights and responsibilities as an assisted living resident.

It is important to shop around, ask a lot of questions and determine if assisted living is the right option for you.

As the non-profit regional agency serving nine counties in northwestern Illinois (Boone, Carroll, DeKalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago), Northwestern Illinois Area Agency on Aging has developed this Guide to help you be a wise consumer of assisted living and other senior housing options. We hope this Guide will help you be an informed—and careful—consumer.

What is assisted living?

Assisted living is an option for people interested in safety, security and personal and health related services in a homelike environment. Assisted living combines housing and supportive services for individuals 55 and over who do not need 24-hour nursing home care.

Most assisted living facilities have private rooms, although some may have apartments that can be shared with another person. Rooms contain small kitchen appliances and private bathrooms. Staff is available 24 hours a day and group activities are available.

You may be interested to know that:

- Assisted living is the fastest growing type of senior housing. There are now over twice as many assisted living facilities as nursing homes in the United States.
- Assisted living arrangements differ throughout the country. Assisted living is not defined or regulated by the federal government. State laws, regulations and requirements vary.

- Northwestern Illinois has 19 licensed assisted living facilities and seven state funded assisted living options.



How do I know if assisted living is the right option for me?

Assisted living may be the right option if you need:

- Housekeeping;
- Meals;
- Help with daily activities such as bathing, dressing or personal care;
- Medication assistance;
- Transportation;
- Social and recreational opportunities.

When is assisted living not the right option?

Assisted living is not the right option if you are:

- Under the age of 55.
- Need total assistance with two or more activities of daily living.
- Have a severe mental illness.
- Need more than one paid caregiver to meet some daily needs.
- Are unable to communicate.
- Need skilled nursing care on an ongoing basis.
- Are unable to pay monthly fees and other costs of assisted living.

Sometimes an assisted living facility is chosen in the midst of a crisis and time is not available to weigh all the options. It's best to prepare in advance before a crisis forces a quick decision. That way, you can take time to explore what you need and be a careful consumer. You'll find the facility that's best for you, maintain control over your life and choose the residence that meets your needs.

If skilled nursing care is needed, contact NIAAA for a copy of the *Long Term Care Guide for Northwestern Illinois*.

What services do assisted living facilities in Illinois offer?

Assisted living facilities in Illinois are required by law to provide:

- Three meals a day;
- Housekeeping services that include vacuuming, dusting and cleaning;
- Laundry and linen service;
- Security provided 24 hours a day;
- Emergency response system; and
- Assistance with activities of daily living including eating, dressing, toileting, transferring and personal hygiene.

Optional services which may be offered include:

- Social, educational and religious services;
- Transportation;
- Coordination of medical services;
- Money management;
- Banking;
- Shopping;
- Concierge services, such as scheduling appointments and transportation;
- Medication reminders;
- Supervision of self-medication; and
- Medication administration.



What other options do I need to know about before I decide on assisted living?

Before you decide that assisted living is right for you, make sure you explore other community and housing options:

- **Home Care Services** may be an option under Medicare, insurance or private pay. Depending on the type of care needed, hourly rates for in-home care range from \$14 per hour (home care aide) to \$41 per hour (nursing care). 24-hour in-home care costs over \$100 a day. Help paying for home care may be available through the Illinois Department on Aging Community Care Program. Contact NIAAA or case management agencies listed in Section VI of this Guide for more information. Request NIAAA's *Home Care Guide* by calling 226-4901 or (800) 542-8402.
- **Home Delivered Meals** and other in-home services are available. Contact Information and Assistance agencies listed in Section VI for more information.
- **Adult Day Service** provides activities, meals and socialization. Adult day service is particularly helpful for caregivers who are working or need respite. Adult day service costs from \$30 a day to \$60 a day. Help paying for adult day care may be available through the Community Care Program. Contact NIAAA or your local case management agency listed in Section V for more information.
- **Independent Senior Housing** may be available in your area. Some housing facilities offer meal programs and other services. Contact NIAAA for a *Directory of Senior Housing* in your area.
- **Other states** may have additional options such as residential care, adult foster care, and adult homes. Contact the NIAAA office, the Eldercare Locator service at 1-800-677-1116 or go to www.aoa.gov for more information.

For additional questions on senior housing options or assisted living, contact Northwestern Illinois Area Agency on Aging, your local Information and Assistance agency or case management agency listed in Section VI of this Guide. The long term care ombudsman program listed in Section VI is also available to answer questions and provide consumer information about assisted living, licensed sheltered care and nursing home care.

How many assisted living facilities are available and where are they located?

Some portions of the United States have many assisted living options and some have none. The Chicago area has over 100 assisted living facilities while northwestern Illinois has only thirteen licensed facilities.

Since additional assisted living facilities may be licensed in the months ahead, call the NIAAA office or the Long Term Care Ombudsman Program listed in Section V for up-to-date information on assisted living facilities. A list is also available on the Illinois Department of Public Health website: www.idph.state.il.us/healthca/assisted_living_list.htm.

Are all assisted living facilities the same?

Each assisted living facility is different. Facilities differ not only in how they look but also in the array of services offered:

- Some assisted living facilities are small while others are very large;
- They may be owned by a for-profit or a not-for-profit organization;
- They may be individually operated or part of a large chain of facilities;
- Some are part of larger housing complexes offering additional levels of service;
- The number and type of services offered vary; not all facilities provide the same services.

How can I choose the facility that is right for me?

Your first consideration in choosing an assisted living facility should be the services offered and whether services will meet your needs and preferences. Will you get the help you need when you need it? Can you choose a food item not on the menu? Does the activity program offer activities you enjoy?

As with any choice of where to live, another important consideration is location. You'll want to be as close as possible to your family and the friends who mean the most to you. Even within the building, location is key: a single room or apartment located close to an elevator is more desirable—and expensive—than a shared room further down the hall.

Next comes the price: assisted living can be expensive. Some private long-term care insurance policies pay for care, but Medicare does not. For the most part, you will be paying for care out of your income or savings.

The checklist located in Appendix 1, Section I will help you choose the facility that is right for you. The Long Term Care Ombudsman Program (listed in Section VI) can provide additional help on how to choose an assisted living facility.

What should I look for in an assisted living facility?

When considering an assisted living facility, it is important to:

- Visit more than one facility;
- Tour each facility;
- Review each facility's marketing packet;
- Ask questions and use the checklist included in Appendix 1 at the end of this section;
- Visit each facility several times and at different times of the day;
- Make an unannounced visit;
- Talk to residents in the facility to ask about their experiences;
- Talk to as many staff at the facility as possible; and
- Obtain information about the latest Department of Public Health inspection.

Is assisted living appropriate if my family member has memory loss?

Make sure the assisted living facility provides specialized memory loss care:

- Are staff trained in caring for persons with memory loss/dementia?
- Is there adequate staff to handle special issues?
- Is the facility safe for inside/outside wandering?
- If memory declines, does the facility have the ability to care for future needs?

What requirements must assisted living facilities meet?

All licensed assisted living facilities in Illinois must meet requirements specified in Illinois law including:

- Requirements related to how the facility is constructed, operated and financed;
- Staff qualifications;
- A comprehensive assessment and service plan based upon a physical assessment completed by a physician;
- 24 hour staffing;
- Medication administration by a licensed health professional;
- Medication reminders by unlicensed personnel;
- Special requirements for dementia programs. Facilities offering specialized programs must provide adequate staffing and services and maintain specific policies to address resident's unique needs;
- Staff providing care must go through a screening process under the Illinois Health Care Worker Background Check Act.

How much staff are available and what are their qualifications?

Each facility must have a full-time manager who is on duty at least four days a week for 36 hours a week. Minimum qualifications for the manager include:

- 21 years of age or older;

- High school degree or equivalency;
- Training in the areas of service delivery, and one to two years of management experience in health care, housing, hospitality or similar services for the elderly;
- Ability to oversee no more than three facilities, located within 30 minutes of each other.

In Illinois, there are no specific requirements for the resident-to-staff ratio except in areas of the facility that are specifically designed to care for persons with dementia.

Requirements for dementia care are:

- Establishments are required to “have sufficient staff in number with qualifications, adequate skills, education and experience to meet the 24-hour scheduled and unscheduled needs of residents.”
- Dementia care areas are required to have no less than one staff person per five residents on each shift.
- Facilities are required to have one staff member available to assist each person with memory or cognitive impairments if the resident is unable to independently get to an area of safety in case of emergency.

What type of training does staff receive?

Each facility manager and direct-care staff member must complete a minimum of 8 hours of ongoing training every 12 months after the starting date of employment.

Facilities are required to provide staff orientation and ongoing training in the areas of:

- Resident needs
- Philosophy and goals
- Promotion of resident dignity, independence, self-determination, privacy, choice and resident rights
- Service plans
- Policies and procedures
- Confidentiality
- Hygiene and infection control
- Food preparation, service and storage
- Abuse and neglect prevention and reporting
- Accident, incident and injury reporting
- Disaster procedures
- Job responsibilities



What else do I need to ask about?

Find out if there is a waiting list and how the waiting list works. Ask if you will be required to pay a deposit to be placed on the waiting list and if the deposit is refundable.

Ask for a copy of the rules of the facility. Ask to see a copy of the most recent Illinois Department of Public Health Inspection Report.

What types of information will I need to provide when I decide to move to an assisted living facility?

An application form will be required along with a contract. Most application forms will ask for detailed information about income and assets.



How much can I expect to pay?

Nationally, the average annual cost of assisted living is \$36,000 a year. In northwestern Illinois, costs range from \$19,000 to \$53,000 a year. Costs vary depending on the size of the unit and the amount of services needed. Refer to Appendix 2 for the estimated cost by facility.

Make sure you understand the rate structure of each facility you visit. There may be a flat monthly rate based on room size or levels based on the amount of care needed. There may be additional charges for dressing, escort or laundry. The facility may also require an entrance fee or security deposit.

Most people pay for assisted living out of pocket. Ask about the history of rate increases. Specifically, ask how frequently rates have been increased and how much each increase was. Most assisted living facilities raise rates 3% to 5% or more each year.

You may find it helpful to ask a financial advisor to assist you in determining if, with your present financial circumstances, you can pay for assisted living now and in the future. Be sure to consider the amount needed to pay for personal expenses, medical expenses and taxes. **Unlike a nursing home, if your funds run out, you will not be able to stay in an assisted living facility.**

Assisted living may be unaffordable for low or moderate income seniors. A typical older woman with average income of \$15,615 will not be able to afford assisted living.

What if I can't afford to pay for assisted living?

If you need assisted living but can't afford the monthly fee, you will want to explore supportive living or community based residential care. The Illinois Department of Public Aid subsidizes supportive living facilities. The Illinois Department on Aging Community Care Program subsidizes community based residential care. Refer to Section III of this Guide for more information.

What do I need to know about the contract?

Review a blank copy of the contract before you sign. Be sure to carefully read and fully understand the contract since it contains important information on costs, additional charges and other information. Make sure you ask questions about anything you do not understand. Because it is a legal document, do not sign the contract unless all questions are answered. Consider having another family member or an attorney review the contract with you.

What are my rights do I have living in an assisted living facility?

Assisted living residents retain all rights as a U.S. citizen. Residents are also covered by a special bill of rights and have the right to:

- Retain and use personal property and have a locked and secure place to store personal items;
- Refuse services and to be advised of the consequences of that refusal;
- Respect for bodily privacy and dignity at all times, especially during care and treatment;
- Free exercise of religion;
- Privacy with regard to mail, phone calls and visitors;
- Uncensored access to the State Ombudsman;
- Be free of retaliation for criticizing the establishment or making complaints to appropriate agencies;
- Be free of chemical and physical restraints;
- Be free of abuse or neglect or to refuse to perform labor;
- Confidentiality of medical records;
- Access and the right to copy personal files maintained by the establishment;
- 24-hour access to the establishment;
- Minimum of 90 days notice of planned establishment closure;
- Minimum of 30 days notice of an involuntary residency termination, except where a threat to self or others (or in other emergency situations) and the right to appeal such terminations;
- 30-day notice of delinquency and at least 15 days right to cure delinquency;
- 30-day written notice of termination of residency;
- Right to appeal and to request the assistance of the Ombudsman with the appeal and the right to remain in the facility until the appeal decision is made;
- Right to a hearing and a decision about whether the facility can discharge .

For complete information on residents rights in assisted living, contact the NIAAA office or your local ombudsman (Refer to Section V).

Is there any requirement for a physical exam or assessment?

According to Illinois assisted living law, a physician must assess each resident within 60 days of admission to an assisted living facility. Residents must be re-evaluated at least annually, and every time a significant change in function occurs.

What if a facility recommends services I don't want?

An assisted living resident has the right to choose to decline certain services if the resident has received clear information regarding the risks and benefits of the choice and if the choice does not put other residents or staff at risk.

“Negotiated risk” is a unique concept in assisted living. Through negotiated risk, a resident, (or his or her representative), formally negotiate risks with the facility each are willing (or unwilling) to assume.

Examples of negotiated risk include:

- A competent resident decides to do something facility staff feel could result in harm. The resident is aware of the risks and chooses to do the activity in spite of the risk (example; taking a walk unescorted or wearing high heeled shoes).
- A competent resident refuses to take medication or declines medical treatment.

Contact the long term care ombudsman program (Section VI) for more information on negotiated risks.

Can an assisted living facility force me to leave?

A resident can be discharged immediately in an emergency situation (i.e. if you are a danger to yourself or other people). If you run out of money and cannot pay the cost of your care, you must also leave the facility.

Many individuals hope the move to an assisted living facility will be their last move and they will be able to stay in the facility the rest of their life. Moving late in life can be traumatic and stressful.

Before a facility can terminate its contract with you, it must try to resolve any issues. Illinois assisted living regulations specify that a resident can only be discharged with 30-days written notice to the resident, family and long-term care ombudsman program.

Reasons for discharge include:

- Nonpayment
- Failure to comply with a service delivery contract

Illinois Assisted Living Law states the facility must follow the following steps for termination including:

- A 30-day written notice of termination.
- The right to appeal.
- The right to request assistance from the Long Term Care Ombudsman with the appeal.
- The right to remain in the facility until the appeal decision is made by an Illinois Department of Public Health Hearing Officer.

Contact the long term care ombudsman program (Section VI) for more information.

How is assisted living regulated?

Assisted living in Illinois is regulated through the Illinois Assisted Living and Shared Housing Act. This act requires the Illinois Department of Public Health to license facilities and to ensure facilities are providing proper care. The Illinois Department of Public Health conducts annual unannounced on-site inspections and investigates complaints. Visit the Illinois Department of Public Health website for information about any violations identified during an inspection visit.

What if I have questions or concerns about care?

If you have problems about any aspect of care, it is important that your concern be addressed. You will first want to contact the facility administrator to discuss the issue. All details and concerns about the problem should be discussed. The administrator should look into the concerns and get back to you promptly.

If continuing concerns exist, the Long Term Care Ombudsman Program provides information on resolving concerns and complaints. Anyone can use the ombudsman service including assisted living residents, their friends, relatives, administrators, employees or other concerned citizens.

Ombudsmen also provide information, assistance, and community education regarding assisted living issues and the rights of residents. Ombudsman staff and volunteers are available to attend and speak at meetings. In northwestern Illinois, contact:

Catholic Charities
102 South Madison Street, Rockford, IL 61104
Phone: (815) 966-5300
1-800-369-0895

E-mail: ccombudsman@aol.com Website: www.ccrfd.org

To report or discuss other problems, you may also contact:

Illinois Department of Public Health
Office of Health Care Regulation/Bureau of Assisted Living and Information Support
525 West Jefferson St.
Springfield, IL 62761
Phone: (217) 782-2448
Fax: (217) 524-0137
www.idph.state.il.us/healthca/assisted_living_list.htm

Where else can I find information on assisted living?

For additional information on assisted living contact:

- The Illinois Department on Aging at 1-800-252-8966 for information on licensed assisted living facilities in Illinois.
- The Eldercare Locator for information on assisted living anywhere in the nation, (800) 677-1116 or at www.aoa.gov at the Eldercare Locator link.
- The Assisted Living Federation of America, (703) 691-8100, www.alfa.org, e-mail consumerinfo@alfa.org.
- Consumer Consortium on Assisted Living, PO Box 3375, Arlington, VA 22203, (703) 841-2333, www.ccalorg.
- National Center for Assisted Living, 1201 "L" Street NW Washington, D.C. 20005 (202) 842-4444, www.ncal.org. This website contains general consumer information about assisted living along with summary information about each state's assisted living regulations.
- American Seniors Housing Association, (202) 237-0900, www.seniorshousing.org.
- American Association of Homes and Services for the Aging, (202) 783-2242, www.aahsa.org.
- AARP has a free brochure, *Navigating Your Way to a Quality Assisted Living Facility*. Go to www.aarp.org.

- American Senior Housing Association and Assisted Living Federation
www.alfa.org for an Assisted Living Consumer Guide
- Consumer Consortium on Assisted Living, (703) 841-2333
www.ccal.org
- Aging Solutions, www.agingsolutions.info
- Assisted Living INFO www.assistedlivinginfo.org
- Elder Web www.elderweb.com
- The Senior Resource Center www.seniorresource.com

Final Suggestions on How to Choose Assisted Living

The following suggestions can help you get started in your search for safe, comfortable and appropriate assisted living:

- Plan ahead and choose a facility based not only on current needs but on future needs.
- Visit each facility more than once and sometimes unannounced.
- Visit at mealtimes and sample the food.
- Observe interactions between staff and residents.
- Check to make sure activities and transportation are offered.
- Talk to residents
- Review state survey reports
- Contact the Better Business Bureau about any complaints
- If the assisted living is connected to a nursing home, ask for information about the nursing home and evaluate it's quality at www.medicare.gov using the link nursing home compare.

ASSISTED LIVING CHECKLIST

| | Facility A Yes/No | Facility B Yes/No | Facility C Yes/No |
|-----------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| LICENSURE/ACCREDITATION | | | |
| Is the facility licensed by Illinois Public Health? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is the facility accredited? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is the latest IDPH inspection report available? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| LOCATION | | | |
| Is the facility close to family and friends? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Are medical facilities nearby? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| PHYSICAL CONDITION | | | |
| Is the facility homelike? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is it clean and odor free? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is it attractive and in good repair? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| SAFETY | | | |
| Does the bathtub have grab bars? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is there a raised toilet seat? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is there an emergency call system? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Pull cord? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Which rooms? _____ | | | |
| Are there wandering alarms? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Are there fire alarms/sprinkler system? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Are there railings in the hallway? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is there an adequate security system? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| ROOMS | | | |
| Will there be space for my furniture? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| What are the rules for decorating? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Are private rooms available? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is there adequate storage? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is there a private bath? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Refrigerator? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Cable TV? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is there a microwave? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |

| | Home A | Home B | Home C |
|--|--------|--------|--------|
| | Yes/No | Yes/No | Yes/No |

MEALS

| | | | | |
|---------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Have you eaten a meal at the facility? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are extra helpings and substitutions available? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are special diets available? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are cultural or ethnic meals offered? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are residents involved in menu planning? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are alternative meals provided? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Can residents help with meal preparation? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are snacks and beverages available between meals? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Can guests or family stay for meals? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are menus available for the past month? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there assigned seating? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

ADDITIONAL FEATURES

| | | | | |
|-----------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Are pets allowed? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is smoking allowed? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is sufficient parking available? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is extra storage available? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the facility have its own vehicle? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is a guest room available? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there a library? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there a computer room? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

SERVICES

| | | | | |
|--------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Is transportation provided to doctor? To church? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Will the transportation meet my needs? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there a beauty shop/barber shop? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are physical therapy services offered? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there room service for meals? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there personal transportation? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

MEMORY LOSS

| | | | | |
|--------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Is special assistance provided for memory loss? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are there special activities? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are there inside and outside wandering areas? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is staff specially trained? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Can a resident stay in the facility if memory worsens? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | | |
|--------|--------|--------|
| Home A | Home B | Home C |
| Yes/No | Yes/No | Yes/No |

HOUSEKEEPING

| | | | |
|--------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| Is housekeeping service frequent? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Are all housekeeping tasks provided? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is the bedding changed frequently? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Can additional services be provided? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is laundry service adequate? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |

SOCIALIZATION/RECREATION

| | | | |
|----------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| Are a variety of activities available? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Does the frequency meet my need? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Are activities offered outside the facility? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Are exercise opportunities offered? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Are activities available evenings/weekends? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |

STAFF

| | | | |
|---------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| Is staff sufficient? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Are staff qualified? Trained? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is there a low ratio of staff to residents? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is there low staff turnover? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is staff bonded in case of theft? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |

RESIDENTS

| | | | |
|------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| Is there a resident council? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is there a family council? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |

FACILITY TOUR

| | | | |
|-----------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| Have I toured the entire facility? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Have I observed the kitchen and food storage areas? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Are all apartments rented? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Do residents have a long length of stay? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Do the residents appear happy? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |

BILLING

| | | | |
|--------------------------------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| Is advance notice given for rate changes? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Is a monthly itemized bill provided? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Has the refund policy been explained? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Are additional charges explained? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Has the contract been reviewed? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Have monthly fees, entrance fees and annual Increases been explained? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |

SECTION I

LICENSED ASSISTED LIVING FACILITIES

ANAM CARE, INC.
8104 Sayer Road, Rockford, IL 61108
(815) 332-5566

| | |
|------------------------------------------------------------------------|----------------------------------------------------------|
| Date Facility Opened | September, 2005 |
| Ownership | Private |
| Number of rooms/apartments | 20 bedrooms |
| Number of Private vs. Semi-Private | All private |
| Other Levels of Care in Facility in Addition to Assisted Living | Respite and day care—dementia specialty. |
| Transportation/Frequency | Not available at this time, but may be in the future. |
| Resident Meetings | Scheduled. |
| Admission Policies | Assisted Living and Alzheimer's Programming. |
| Range of Monthly Rate | \$3,000 to \$5,200 per month depending on level of care. |
| Initial Costs | \$3,000 — non-refundable. |
| Special Features | Respite care, day care, hospice care. |
| Features for Memory Loss | Personalized programming with pioneer focus. |
| Administrator/Contact Person | Bernie Marinelli and Glenn Lovgren, Director |

AVONLEA COTTAGE OF DIXON
530 Countryside Lane, Dixon, IL 61021
(815) 288-6044

| | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | December 1, 2002 |
| Ownership | For profit |
| Number of rooms/apartments | 16 |
| Number of Private vs. Semi-Private | All private |
| Other Levels of Care in Facility in Addition to Assisted Living | Memory care. |
| Activities | Exercises, cards, bingo, trivia, musical guests, current events, senior swim club, book club, park district presentations monthly, bible study. Specialized arts and crafts and computer classes taught by Sauk Valley Community College at no cost to resident. |
| Transportation/Frequency | None |
| Resident Meetings | Resident Council once a month. |
| Admission Policies | Physical assessment signed by doctor with current medication list; must meet IDPH guidelines for care. Must have current TB and pneumonia vaccinations. |
| Range of Monthly Rate | \$2,700. Respite charge—\$100 per day. |
| Initial Costs | \$500 community fee non-refundable. |
| Special Features | Call buttons, fire alarms, cable TV, phone jacks. |
| Features for Memory Loss | Secured facility (key pad entry and exit). |
| Administrator/Contact Person | Marge Cornejo, Licensed Administrator |

AVONLEA COTTAGE OF STERLING
2201 E. Lefevre, Sterling, IL 61081
(815) 626-5439
www.unitedresource.biz/id31.htm

| | |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | December 1, 2002 |
| Ownership | For profit |
| Number of rooms/apartments | 30 - 6 suites |
| Number of Private vs. Semi-Private | All private |
| Other Levels of Care in Facility in Addition to Assisted Living | None |
| Activities | Exercises, cards, bingo, trivia, musical guests. Weekly resident cooking class. Special classes in arts and crafts and computers provided by Sauk Valley Community College at no cost to resident. Park district. |
| Transportation/Frequency | Available through senior center. |
| Resident Meetings | Resident Council once a month. |
| Admission Policies | Physical assessment signed by doctor with current medication list; must meet IDPH guidelines for care. Must have current TB and pneumonia vaccinations. |
| Range of Monthly Rate | \$2,750. Respite charge—\$125 per day. Suites—\$3,200 for single. |
| Initial Costs | \$500 deposit, non-refundable; \$1,000 for suites. |
| Special Features | Call buttons, fire alarms, cable TV, phone jacks. |
| Features for Memory Loss | Staff educated in dementia care. |
| Administrator/Contact Person | Marge Cornejo, Licensed Administrator |

BICKFORD HOUSE
960 N. Mulford Road, Rockford, IL 61107
(815) 397-7100
www.bickfordseniorliving.com

| | |
|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | June 2, 2003 |
| Ownership | Family owned—Eby Realty Group |
| Number of rooms/apartments | 65 |
| Number of Private vs. Semi-Private | 1 Bedroom: 51 Studios: 4 2 Bedrooms: 10 |
| Other Levels of Care in Facility in Addition to Assisted Living | 3 levels of independent living, 5 levels of assisted living |
| Activities | Full-time activity director. Outings, musical entertainment, games, bible study, billiards, bingo, crafts. |
| Transportation/Frequency | Transportation to doctor appointments two times a week, and shopping one or two days per week. |
| Resident Meetings | Resident Council monthly, Family Council quarterly. |
| Admission Policies | Assessment made prior to admission. |
| Range of Monthly Rate | Assisted living rates start at \$2,700 monthly. Independent living rates start at \$2,200. |
| Initial Costs | \$500 to reserve apartment—100% refundable. |
| Special Features | Three meals, housekeeping, laundry, transportation, activities schedule, chaplain services, health assessments by R.N., medication administration, pet care, large apartments with full kitchens. |
| Features for Memory Loss | 24 hour licensed staff. All doors are secured access entry and exit. Special activity program. Advanced monitoring system. |
| Administrator/Contact Person | Liz Seitz |

CRIMSON POINTE
7130 Crimson Ridge, Rockford, IL 61107
(815) 398-7792

| | |
|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | September, 1999 |
| Ownership | Fairview Ministries, not for profit |
| Number of rooms/apartments | 73 |
| Number of Private vs. Semi-Private | 73 Private |
| Other Levels of Care in Facility in Addition to Assisted Living | Residents and families can hire additional help through private duty, home health services and hospice. Four levels of care provided. |
| Activities | Full-time activity director that schedules and plans a wide range of in-house and community activities. |
| Transportation/Frequency | Transportation to doctor appointment two days a week, and also to scheduled community activities. |
| Resident Meetings | Resident Council meetings once a month. |
| Admission Policies | Physician's certification and TB test to be completed by physician. |
| Range of Monthly Rate | \$2,114—\$2,942 apartment rent; add \$744 for second person. |
| Initial Costs | None. |
| Special Features | Country store open 24-hours, reception area with fireplace, exercise room, library, beauty/barber shop, theatre, covered patio, private dining room for private parties, Genesis Rehabilitation therapy services providing service therapy and wellness program. Pets allowed. |
| Features for Memory Loss | N/A |
| Administrator/Contact Person | Chevonne Dodge, Administrator Kathy Taylor, Marketing-Admissions Director |

FAMILY FIRST SHARED HOME
8 Terrace View Boulevard, Oregon, IL 61061
(815) 732-4045

| | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | August 7, 2006 |
| Ownership | Family owned and operated. |
| Number of rooms/apartments | 16 private with full bath. |
| Number of Private vs. Semi-Private | May share room if desired. |
| Other Levels of Care in Facility in Addition to Assisted Living | Adult day care and respite care. |
| Activities | Participate in community activities such as swimming and concerts. In-home gardening, quilting and crafts. Outdoor gardens and bird baths, front and back patios, activities in home and in community. |
| Transportation/Frequency | Doctor appointments, etc., at minimal charge. |
| Resident Meetings | Daily—resident-directed home. |
| Admission Policies | 55 and over, physician's assessment and negative TB test. |
| Range of Monthly Rate | \$2,433 per month lowest rate. |
| Initial Costs | First month's rent and \$2,000 deposit. |
| Special Features | Personal emergency response pendant, free guest room for out of town guests, pioneer focused. Private visiting area, beauty shop, 24 hour nurse, medication management, personal caregiver assigned to each resident, housekeeping and laundry, 3 family-style meals plus snacks, all doors alarmed. |
| Features for Memory Loss | Reminders given, reminiscing, staff education. |
| Administrator/Contact Person | Donna Van Middendorp, Manager |

GALENA-STAUSS ASSISTED LIVING CENTER
200 Altenburg Drive, Galena, IL 61036
(815) 776-7375

| | |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | 2000 |
| Ownership | Midwest Medical Center |
| Number of rooms/apartments | 24 apartments, 6 sizes |
| Number of Private vs. Semi-Private | All private; can accommodate couples. |
| Other Levels of Care in Facility in Addition to Assisted Living | Adult day care. 57 bed intermediate care nursing home on campus. |
| Activities | Crafts, exercises, current events/group chats, outings, entertainment, games, movies, gardening. |
| Transportation/Frequency | Arranged as needed through Jo Daviess County Transit. |
| Resident Meetings | Monthly. |
| Admission Policies | Contact director for more information. |
| Range of Monthly Rate | Start at \$1,914/month; contact director for more information. |
| Initial Costs | Security deposit of \$1,500 required prior to move-in; contact for more info. |
| Special Features | Each apartment has a full-sized kitchen, walk-in shower, emergency response system, meal plan options, 24-hour staffing, three-season porch, and Internet access. Pets allowed if they meet criteria. |
| Features for Memory Loss | None at his time. |
| Administrator/Contact Person | Peggy Stockel, Gwen Harwick |

GOOD NEIGHBOR CARE/GRAND VICTORIAN-STERLING
2705 Avenue E, Sterling, IL 61081
(815) 622-2800 Fax: (815) 622-2801

| | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | June, 2008 |
| Ownership | Good Neighbor Care |
| Number of rooms/apartments | 61 |
| Number of Private vs. Semi-Private | All private. |
| Other Levels of Care in Facility in Addition to Assisted Living | Three levels of care offered. Resident remains in apartment but can go from level-to-level without physically relocating. |
| Activities | Fitness center, game room, café/bistro, chapel, courtyard, beauty/barber shop, variety of activities in and out of building. |
| Transportation/Frequency | Seven days a week. |
| Resident Meetings | Monthly, also weekly food committee. |
| Admission Policies | Contact assistant director or director for more information. |
| Range of Monthly Rate | \$2,200 to \$3,400 with specials. Call for specials. |
| Initial Costs | Entrance fee of \$1,500 |
| Special Features | Movie theatre, chapel, café/bistro, fitness center, fully secured building with personal access code. |
| Features for Memory Loss | Door alarms, care plans monthly. |
| Administrator/Contact Person | Lauri Krager, Interim Executive Director |

GRAND VICTORIAN
1440 Somonauk Street, Sycamore, IL 60178
(815) 895-1900

| | |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | February, 2003 |
| Ownership | Good Neighbor Care |
| Number of rooms/apartments | 61 |
| Number of Private vs. Semi-Private | All private apartments. |
| Other Levels of Care in Facility in Addition to Assisted Living | Three levels of care in assisted living. Resident can move between levels while remaining in same apartment. Independent residents can move into assisted living program and back to independent status, depending on health. |
| Activities | Game room, spa, chapel, putting green, walking path, a secure patio area, beauty/barber shop, café and ice cream parlor, planting garden. Many planned social events both in and out of the building. |
| Transportation/Frequency | Monday through Friday. Scheduled events. |
| Resident Meetings | Held every month. |
| Admission Policies | Assessment by nurse. |
| Range of Monthly Rate | \$2,106 to \$3,300 base price. Call for monthly specials. |
| Initial Costs | \$1,500 entrance fee. |
| Special Features | Movie theatre, café, fitness center, chapel. |
| Features for Memory Loss | |
| Administrator/Contact Person | Kimberly Livingston, Executive Director Sandy Thayer, AED |

GRANDVIEW ESTATES
540 Pleasant Street, Elizabeth, IL 61028
(815) 858-2275

| | |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | April, 1998 |
| Ownership | Elizabeth Nursing Home Corporation |
| Number of rooms/apartments | 23 |
| Number of Private vs. Semi-Private | 6 - 440 sq. ft. units 1 - 880 sq. ft. units 6 - 520 sq. ft. units 3 - 900 sq. ft. units 7 - 600 sq. ft. units |
| Other Levels of Care in Facility in Addition to Assisted Living | 49 - long term care beds—Elizabeth Nursing Home |
| Activities | Various activities such as daily exercises, group activities, outings, board games, trivia, gardening, holiday parties. |
| Transportation/Frequency | Provided as needed. |
| Resident Meetings | Resident Council meets monthly. |
| Admission Policies | There is an assessment process. |
| Range of Monthly Rate | 440 sq. ft.-\$1,825/month 880 sq. ft.-\$2,350/month 520 sq. ft.-\$1,925/month 900 sq. ft.-\$2,350/month 600 sq. ft.-\$2,025/month |
| Initial Costs | \$1,000 refundable apartment deposit. |
| Special Features | 24-hour nursing staff on hand, family-like atmosphere. |
| Features for Memory Loss | None. |
| Administrator/Contact Person | Brian Gephart, Manager |

HAWTHORNE INN OF FREEPORT
2140 W. Navajo Drive, Freeport, IL 61032
(815) 297-9902
www.libertyvillageoffreeport.com

| | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| Date Facility Opened | July, 2002 |
| Ownership | RFMS of Galesburg, IL |
| Number of assisted living | 29 beds |
| Number of Private vs. Semi-Private | 3 private 26 semi-private 28 Alzheimer/dementia semi-private |
| Other Levels of Care in Facility in Addition to Assisted Living | Supportive living, assisted living, Alzheimer's/dementia skilled nursing |
| Activities | Movies, bus trips, bingo exercise, cookie club, games, special meals, shopping, lunch outings. |
| Transportation/Frequency | Three to four times per week. |
| Resident Meetings | Yes. |
| Admission Policies | Application and assessment. |
| Range of Monthly Rate | \$75-\$105 a day, \$1,950-\$4,200 |
| Initial Costs | \$1,500 refundable deposit. |
| Special Features | Library, beauty/barbershop, choice of dinner entree, 24-hour CNA. |
| Features for Memory Loss | Special care/dementia unit. |
| Administrator/Contact Person | Andres Bardelas Stacy Nelson |

HIGHVIEW IN THE WOODLANDS
1000 Falcon Point Place, Rockton, IL 61072
(815) 624-6700
www.highviewseniorliving.com

| | |
|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | Highview since 1904, third and newest building in 1999. |
| Ownership | Highview Retirement Home Association |
| Number of rooms/apartments | 36 assisted living, 26 sheltered care |
| Number of Private vs. Semi-Private | All private. |
| Other Levels of Care in Facility in Addition to Assisted Living | Sheltered care for Alzheimer's and related dementias. |
| Activities | Daily trips to community events, museums, sporting events, zoos, industry, restaurants, plays. Crafts, church, entertainment, coffee hours, and out of town special destinations. |
| Transportation/Frequency | Highview van, scheduled events and appointments daily. |
| Resident Meetings | Resident Council, Food Committee |
| Admission Policies | Non-denominational, private, 55+ adult. |
| Range of Monthly Rate | Varies according to care needed. |
| Initial Costs | No entrance, endowment fees, or initial costs. |
| Special Features | Montessori-based premier Alzheimer's unit, respite and hospice care. |
| Features for Memory Loss | Alzheimer's unit with alarmed doors and nursing 24/7. State-of-the-art premier Montessori-based approach, certified Montessori coordinator. |
| Administrator/Contact Person | Carol M. Cox, RDH, BS, LNHA, CEO, Administrator Debra Luety, LPN, Assistant Administrator |

LifeHOUSE - THE ATRIUM
2885 McFarland Road, Rockford, IL 61107
(815) 282-3340
www.lifehouseproperties.com

| | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | June 2006 |
| Ownership | LifeHouse Management Services |
| Number of rooms/apartments | 40 |
| Number of Private vs. | All private. |
| Other Levels of Care in Facility in Addition to Assisted Living | None. |
| Activities | Daily. |
| Transportation/Frequency | Outings twice a month. |
| Resident Meetings | Resident Council once a month. |
| Admission Policies | Must not require skilled nursing services. |
| Range of Monthly Rate | \$2,970 to \$4,500 |
| Initial Costs | \$1,000 entry fee, non-refundable. |
| Special Features | Private baths in each room, Lifeline services, secured building, 24-hour nursing staff, life enrichment programs, transportation services, respite and day program services. |
| Features for Memory Loss | Alarmed exits, Montessori Activity Programming. |
| Administrator/Contact Person | Diane Hawkins, Executive Director |

LifeHOUSE - LIBERTY COURT
124 Liberty Court, Dixon, IL 61021
(815) 285-2000
www.lifehouseproperties.com

| | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | 1997 |
| Ownership | LifeHouse Management Services |
| Number of rooms/apartments | 36 |
| Number of Private vs. Semi-Private | All private. |
| Other Levels of Care in Facility in Addition to Assisted Living | None. |
| Activities | Daily. |
| Transportation/Frequency | As needed, when van is available. |
| Resident Meetings | Every two months. |
| Admission Policies | Must not require skilled nursing services. |
| Range of Monthly Rate | Approximately \$90 to \$110 per day. |
| Initial Costs | \$500 entrance fee. |
| Special Features | Nurse Call System, 24-hr Security, private baths in each room, cable included with fee, special activities |
| Features for Memory Loss | Alarmed doors. |
| Administrator/Contact Person | Diane Hawkins, Senior Executive Director. |

LOYALTON OF ROCKFORD
1545 Temple Lane, Rockford, IL 61112
(815) 332-8484
www.emeritus.com

| | |
|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | June, 2000 |
| Ownership | Emeritus for profit. |
| Number of rooms/apartments | 93 |
| Number of Private vs. Semi-Private | 74 private assisted, 6 semi-private and 13 private in memory loss. |
| Other Levels of Care in Facility in Addition to Assisted Living | Entry level includes medication management, laundry, bed making, meal reminders and shower supervision. Memory loss unit, 22 apartments. Respite care. |
| Activities | Bingo, parties, entertainment, outings, exercise, cards, ice cream socials, crafts, bible study, mass, rosary. |
| Transportation/Frequency | Bus with lift Monday—Friday for outings and medical visits at no additional charge. |
| Resident Meetings | Resident Council and Food Committee each meet monthly. Bi-monthly meetings with executive director. |
| Admission Policies | Assessment by Resident Service Director. |
| Range of Monthly Rate | Approximately \$2,900 - \$4,200 includes care levels. |
| Initial Costs | Optional move-in fee: \$0 to \$5,500 with rent reduction. |
| Special Features | Library, beauty salon, dining room with cathedral ceiling, ice cream/coffee room, billiard room, on-site rehab, nursing 24/7. Pets welcome. |
| Features for Memory Loss | Specialized unit with own dining room, activity room and program director. Staffing ratio 1:8, 6 to 8 activities/day, including weekly outings on bus. Secure unit. |
| Administrator/Contact Person | Mickey Slack Administrator Julie Towne, Marketing Director |

MORNING STAR VILLAGE
1160 North Mulford Road, Rockford, IL 61107
(815) 484-9500
www.livingwithmorningstar.com

| | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | August, 2009 |
| Ownership | Provena Senior Services |
| Number of rooms/apartments | 75 private apartments. |
| Number of Private vs. Semi-Private | 75 |
| Other Levels of Care in Facility in Addition to Assisted Living | Personal care services (dressing and grooming assistance, bathing assistance, continence management). Mobility assistance (transfers, ambulation). |
| Activities | Physical exercise program, social and educational programs, live entertainment, group outings. |
| Transportation/Frequency | Transportation to outings and appointments via Morning Star Village bus. |
| Resident Meetings | |
| Admission Policies | |
| Range of Monthly Rate | \$2,750 - \$4,450 |
| Initial Costs | Non-refundable \$1,500 fee |
| Special Features | Spacious lounge area with cozy fireplace, gift shop, chapel, exercise room, activity/craft room, beauty/barber shop, private dining room for small gatherings, private exam room for physician visits. Internet access. Medication delivery, housekeeping and laundry services, emergency response system. |
| Features for Memory Loss | |
| Administrator/Contact Person | Mickey Slack, Administrator Julie Towne, Marketing Director |

NORTH POINTE TERRACE
5601 East Rockton Road, Roscoe, IL 61073
(815) 623-1400 or (877) 608-7222
Email: NorthPointeTerrace@NorthPointeHealth.org
www.northpointeterrace.org

| | |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | January 2, 2007 |
| Ownership | Beloit Memorial Hospital |
| Number of rooms/apartments | 24 apartments |
| Number of Private vs. Semi-Private | All private. |
| Other Levels of Care in Facility in Addition to Assisted Living | No. |
| Activities | On-site and outings. |
| Transportation/Frequency | To outings and to medical/dental appointment within a 25 mile radius of facility. |
| Resident Meetings | Monthly. |
| Admission Policies | 55 years old and over. |
| Range of Monthly Rate | Rates begin at \$3,200 per month. |
| Initial Costs | \$1,000 down payment admission fee to reserve apartment. |
| Special Features | Close proximity to clinic/urgent care, fitness, warm water pool, gourmet chef, on-site beauty shop, living areas with Internet and lending libraries. |
| Features for Memory Loss | Locked exterior doors, code alert system. |
| Administrator/Contact Person | Frieda Pulkowski, Director, (815) 525-4800 |

OAKLEY COURTS ASSISTED LIVING
3117 Kunkle Boulevard, Freeport, IL 61032
(815) 233-5129
ww.oakleycourts.com

| | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | July, 1998 |
| Ownership | The Tutera Group |
| Number of rooms/apartments | 46 apartments |
| Number of Private vs. Semi-Private | All private. |
| Other Levels of Care in Facility in Addition to Assisted Living | Two levels of care. |
| Activities | Daily recreation, social and educational programs. Bingo, card games, computer and Internet access facilities, shopping excursions, various entertainment groups and much more. |
| Transportation/Frequency | Transportation bus provided. |
| Resident Meetings | Once a month. |
| Admission Policies | There is an assessment process. |
| Range of Monthly Rate | \$2,689 — \$3,318. |
| Initial Costs | No initial deposit. Two full month's rent up front. |
| Special Features | Medication reminders; RN Monday-Friday, 8-4:30 p.m., also on call 24/7; 24 CNAs; private library, computer access, private dining room, beauty shop, inside courtyard, and parlor area. All private apartments with kitchenette, walk-in shower, emergency call system. Private whirlpool spa. |
| Features for Memory Loss | Accept beginning Alzheimer's, routine is scheduled to decrease confusion. |
| Administrator/Contact Person | Sheila Hartman |

PRAIRIE VIEW
500 East McNair Road, Winnebago, IL 61088
(815) 335-1800
www.prairieviewwinnebago.com

| | |
|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | January 1, 2008 |
| Ownership | Senior Living Solutions of Illinois LLC |
| Number of Licensed Sheltered Care Beds | One bedroom apartments: 30 |
| Number of Private vs. Semi-Private | |
| Other Levels of Care in Facility in Addition to Assisted Living | Three levels of assisted living |
| Transportation/Frequency | Arranged and available |
| Admission Policies | Assessment made prior to admission |
| Range of Monthly Rate | Assisted living rates start at \$2,000; level one care included |
| Initial Costs | \$700 security deposit. |
| Special Features | 24-hour licensed staff, CNAs 24-hours a day. Three meals a day, games, activity outings, musical entertainment, bible studies, billiards, bingo, crafts. Courtyard; private patios for apartments, library with computer for resident use, |
| Features for Memory Loss | |
| Administrator/Contact Person | Donna Slater, Executive Director |

SECTION II

LICENSED SHELTERED CARE FACILITIES

SHELTERED CARE

What is sheltered care?

Sheltered care provides maintenance, personal care and socialization. Residents must generally be independent with most activities. Sheltered care residents receive assistance with bathing, dressing, ambulation and meal preparation. Some health services are provided such as supervision of medications and monitoring or supervision of stable medical conditions. Sheltered care does not provide routine nursing care.

How is sheltered care similar to assisted living?

Sheltered care and assisted living have many similarities:

- Both provide maintenance, personal care and general oversight of an individual's well being.
- Both are paid for by the resident. Neither Medicare nor Medicaid pays for either type of care.
- Residents rights are basically the same in both types of facilities.
- There are no specific staffing ratios in either assisted living or sheltered care.

How is sheltered care different from assisted living?

There are several important differences between sheltered care and assisted living:

- Sheltered care is governed under the Nursing Home Care Act while assisted living is governed under the Assisted Living and Shared Housing Act.
- No assessment is needed prior to entering sheltered care (required in assisted living).
- Certified Nurse Assistants provide personal care in sheltered care (but not in assisted living).
- Sheltered care facilities must meet the Life Safety Code while assisted living facilities must meet the Residential Board and Care Code.
- Sheltered care has stricter reporting requirements for accidents, abuse or injuries.
- Sheltered care must provide a 21 day notice of involuntary discharge, while assisted living must provide a 30 day notice.

How can I decide if sheltered care or assisted living is the right option for me?

Many individuals choose sheltered care to ensure a continuum of care in the same facility. For example, if an individual lives in sheltered care and falls and breaks a hip, nursing and rehabilitation services are usually available in the same facility. An assisted living facility may or may not have other care options.

The majority of sheltered care facilities in northwestern Illinois also provide skilled nursing care. A skilled nursing facility provides 24 hour nursing services. In Illinois, the Medicaid program pays for care in a skilled nursing facility. If the funds of an individual living in sheltered care run out, the individual may be able to remain in the same facility, if a Medicaid bed is available. When funds are depleted in assisted living, the individual must move from the facility.

The checklist provided in the assisted living section can also be used to choose a sheltered care facility.

Additional consumer information about sheltered care facilities can be found at the Illinois Department of Public Health website at www.idph.state.il.us.

ALPINE FIRESIDE HEALTH CENTER
3650 North Alpine Road, Rockford, IL 61111
(815) 877-7408
www.alpinefireside.com

| | |
|-----------------------------------------------|------------------------------------------------------------------------------------|
| Date Facility Opened | 1973 |
| Ownership | Family owned for profit corporation. |
| Number of Licensed Sheltered Care Beds | 33 |
| Number of Private vs. Semi-Private | Number varies based on occupancy. |
| Other Levels of Care | Intermediate: 66 Covers Medicare, Medicaid and Skilled care. |
| Activities | Full morning and some evening programs, 7 days per week. |
| Transportation/Frequency | Bus used for outings; wheelchair accessible. |
| Resident Meetings | Yes, monthly. |
| Admission Policies | Application completed. |
| Range of Monthly Rate | Sheltered care rate: \$125 per day semi-private room \$140 per day private room |
| Initial Costs | No entrance fee. |
| Special Features | Hospice contract, offers respite care. Family Council. |
| Features for Memory Loss | Directed activities, peer mentoring program. |
| Administrator/Contact Person | Gordon Oksnevad, Administrator Michelle Cruden, Director of Admissions |

COVENTRY VILLAGE
612 West St. Mary's Street, Sterling, IL 61081
(815) 626-9020

| | |
|-----------------------------------------------|-------------------------------------------------------------------------|
| Date Facility Opened | 1988 |
| Ownership | For profit. |
| Number of Licensed Sheltered Care Beds | 6 |
| Number of Private vs. Semi-Private | Can be either. |
| Other Levels of Care | SNF, ICF. |
| Activities | In-house/community. |
| Transportation/Frequency | Own bus, daily in and out-of-town, and special events. |
| Resident Meetings | Monthly. |
| Admission Policies | Admit 24 hours a day. |
| Range of Monthly Rate | \$130 to \$200 a day. |
| Initial Costs | Private pay— first month's rent. |
| Special Features | Self-contained, newly remodeled SWF unit. New ownership and management. |
| Features for Memory Loss | |
| Administrator/Contact Person | Shelly Dongoth Lisa Schilling |

FAIRHAVEN CHRISTIAN RETIREMENT CENTER
3470 North Alpine Road, Rockford, IL 61114
(815) 877-1441
www.fairhaven.cc

| | |
|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | 1968 |
| Ownership | Non-profit, affiliated with Evangelical Free Church. |
| Number of Licensed Sheltered Care Beds | 135 |
| Number of Private vs. Semi-Private | 25 private, 12 semi-private in Supportive Care under the Sheltered Care license. |
| Other Levels of Care in Facility in Addition to Assisted Living | Intermediate licensed nursing care. Independent living studios and apartments. |
| Activities | Multiple and scheduled, including Bible studies, crafts, games, outings, social gatherings, shopping trips, sightseeing and more. |
| Transportation/Frequency | Arranged and available. |
| Resident Meetings | Yes, monthly. |
| Admission Policies | According to need and license. |
| Range of Monthly Rate | \$2,418 to \$5,146 per month. |
| Initial Costs | Depends on care needed. |
| Special Features | Licensed staff 24/7, Christian environment. |
| Features for Memory Loss | Directed activities, prompting and cueing. |
| Administrator/Contact Person | Thomas Bleed |

GARDEN COURT OF FREEPORT
2140 W. Navajo Drive, Freeport, IL 61032
(815) 297-9902
www.libertyvillageoffreeport.com

| | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| Date Facility Opened | July, 2002 |
| Ownership | RFMS of Galesburg, IL |
| Number of sheltered care beds | 28 Semi-Private Beds |
| Number of Private vs. Semi-Private | 28 Alzheimer/dementia semi-private |
| Other Levels of Care in Facility in Addition to Assisted Living | Supportive living, assisted living, Alzheimer's/dementia skilled nursing |
| Activities | Movies, bus trips, bingo exercise, cookie club, games, special meals, shopping, lunch outings. |
| Transportation/Frequency | Three to four times per week. |
| Resident Meetings | Yes. |
| Admission Policies | Application and assessment. |
| Range of Monthly Rate | \$100/day, \$10/day extra for Incontinent |
| Initial Costs | \$1,500 refundable deposit. |
| Special Features | Library, beauty/barbershop, choice of dinner entree, 24-hour CNA. |
| Features for Memory Loss | Special care/dementia unit. |
| Administrator/Contact Person | Stacy Nelson |

HERITAGE SQUARE
620 North Ottawa Avenue, Dixon, IL 61021
(815) 288-2251
www.heritagesquaredixon.com

| | |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | 1974 |
| Ownership | Not for profit. |
| Number of Licensed Sheltered Care Beds | 49 |
| Number of Private vs. Semi-Private | 49 private |
| Other Levels of Care in Facility in Addition to Assisted Living | Skilled care and intermediate. |
| Activities | Activity program, including dog show, ice cream social, boat trip, card games and bingo, antique and mall shopping, lunch and dinner outings to local restaurants, visits to local farms and orchards, etc. |
| Transportation/Frequency | Arranged and available. Facility has own vehicle. |
| Resident Meetings | Yes, monthly and quarterly. |
| Admission Policies | According to need and license. |
| Range of Monthly Rate | Sheltered care \$82—\$91 per day Skilled care \$135—\$143 per day |
| Initial Costs | None. |
| Special Features | Offer hospice care, pastoral. |
| Features for Memory Loss | Locked unit. |
| Administrator/Contact Person | Bonnie O'Connell, Administrator, B.S.N. Mary Ann Knoll, Social Service Director/Admissions |

HIGHVIEW IN THE WOODLANDS
1000 Falcon Point Place, Rockton, IL 61072
(815) 624-6700
www.highviewseniorliving.com

| | |
|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | Highview since 1904, third and newest building in 1999. |
| Ownership | Highview Retirement Home Association |
| Number of Licensed Sheltered Care Beds | 36 assisted living, 26 sheltered care |
| Number of Private vs. Semi-Private | All private. |
| Other Levels of Care in Facility in Addition to Assisted Living | Sheltered care Alzheimer's unit and related dementia. |
| Activities | Daily trips to community events, such as museums, sporting events, zoos, industry, restaurants, plays. Crafts, church, entertainment, coffee hours, out-of-town special destinations. |
| Transportation/Frequency | Highview van, scheduled events and appointments daily. |
| Resident Meetings | Resident Council, Food Committee |
| Admission Policies | Non-denominational, private, 55+ adult with licensure. |
| Range of Monthly Rate | Assisted Living daily rate \$125/Shelter Care \$172 a day (approximate—2008 rates), varies according to care needed. |
| Initial Costs | No entrance, endowment fees or initial fees. |
| Special Features | Alzheimer's care "The Hidden Answer," respite and hospice care. Certified Montessori coordinator. |
| Features for Memory Loss | Alzheimer's unit with alarmed doors and nursing 24/7. State of the art Premier Montessori-based approach. |
| Administrator/Contact Person | Carol M. Cox, RDH, BS, LNHA, CEO Debra Luety, LPN, Assistant Administrator |

OAK CREST/DEKALB AREA RETIREMENT CENTER
2944 Greenwood Acres Drive, DeKalb, IL 60115
(815) 756-8461
Website: www.Oakcrestdekalb.org

| | |
|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | 1980 |
| Ownership | Not for profit |
| Number of Licensed Sheltered Care Beds | Independent living: 125 Independent living duplex: 36 Sheltered care rooms: 40 |
| Number of Private vs. Semi-Private | All Private |
| Other Levels of Care in Facility in Addition to Assisted Living | Intermediate care: 80 Life care contracts available. |
| Activities | Full activity calendar—7 days a week, including Bible study, chapel services. |
| Transportation/Frequency | City bus service, Trans VAC, cab service |
| Resident Meetings | Resident Councils. |
| Admission Policies | 62 and over. |
| Range of Monthly Rate | Independent: \$1,300 and up Sheltered care rate: Starts at \$2,100 |
| Initial Costs | \$19,000 |
| Special Features | Fitness center with personal trainer. All private nursing home suites. Beautiful walking path, gardens, ponds, enclosed courtyards, game room, woodworking shop, guest accommodations, computer resource center and more. |
| Features for Memory Loss | |
| Administrator/Contact Person | Elizabeth Hoppenworth, Director of Resident Services |

P.A. PETERSON HOME
1311 Parkview Avenue, Rockford, IL 61107
(815) 399-8832
www.papeterson.org

| | |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | 1941 |
| Ownership | Non-profit corporation, Lutheran Social Services of Illinois |
| Number of Licensed Sheltered Care Beds | 19 |
| Number of Private vs. Semi-Private | All private. |
| Other Levels of Care in Facility in Addition to Assisted Living | Skilled nursing, sub-acute, Alzheimer's/dementia, independent living apartments. Outpatient rehabilitation. |
| Activities | Community events, special luncheons, exercises, crafts, games, current events. |
| Transportation/Frequency | Bus transportation outings/special occasions. |
| Resident Meetings | Resident Council and food committee meet monthly. |
| Admission Policies | Health and physical orders required. On-site assessment and application required. |
| Range of Monthly Rate | Sheltered care: \$134—\$195 per day |
| Initial Costs | None |
| Levels of Care | See above. |
| Special Features | Pastoral support, active auxiliary, full continuum of care. |
| Features for Memory Loss | Special training for staff, special activity programming—outings to out-of-town events. |
| Administrator/Contact Person | Peggy Holt, Administrator Chris Hintzsche, Assistant Administrator |

PARKVIEW HOME
1234 South Park Boulevard, Freeport, IL 61032
(815) 232-8612
www.parkviewhome.org

| | |
|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | 1926 |
| Ownership | Non-profit corporation. |
| Number of Licensed Sheltered Care Beds | Independent living units: 20 Duplex independent: 47 |
| Number of Private vs. Semi-Private | All private. |
| Other Levels of Care in Facility in Addition to Assisted Living | Combines retirement living into three distinct areas: independent apartment living, sheltered care apartments, and intermediate care. |
| Activities | Scheduled 7 days a week, on and off, including Dog Day with Jake, pie day, scenic drive, etc. |
| Transportation/Frequency | For sheltered and intermediate care, free medical appointment transportation. Scheduled transportation and bus provided to all residents to Freeport library, shopping at CVS, Wal-Mart and Sullivan's. |
| Resident Meetings | Monthly Resident Council Meeting. |
| Admission Policies | 62 years of age. Independent living criteria: Capable of self-care. |
| Range of Monthly Rate | Independent living: \$621 — \$1,072 Enhanced independent living: \$1,474—\$1,841 Sheltered care: \$1,374 — \$3,021 |
| Initial Costs | \$28,737 to \$168,549 (90% refundable) |
| Special Features | This Christian-oriented, non-denomination facility provides full scale activity program, and outstanding food service. |
| Features for Memory Loss | |
| Administrator/Contact Person | Debra Gitz, Administrator |

PARKWAY CENTER
1801 Avenue G, Sterling, IL 61081
(815) 626-1121
www.parkwaycenter.info

| | |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | August, 1987 |
| Ownership | Privately owned, Richard Prescott family. |
| Number of rooms/apartments | Apartments: 1 bedroom: 28 Independent living 2 bedroom: 4 Sheltered care beds: 29 |
| Number of Private vs. Semi-Private | Private |
| Other Levels of Care in Facility in Addition to Assisted Living | Independent living and sheltered care. |
| Activities | Daily recreational/social activities such as exercises, musical programs, crafts, religious services, outings, etc. |
| Transportation/Frequency | Weekly resident outings to restaurants or areas of interest. Transportation to appointments on Mondays and Wednesdays. |
| Resident Meetings | Monthly Resident Council Meeting. |
| Admission Policies | Residents not requiring nursing care, one person transfer, cannot be elopement risk. |
| Range of Monthly Rate | \$95 to \$130 per day sheltered care. \$1,537 to \$2,054 per month independent living apartments |
| Initial Costs | Security deposit required. |
| Special Features | Housekeeping/laundry services, 3 meals per day buffet-style, nurses on duty 24 hours per day, secure building, emergency call system, beauty shop, Jacuzzi, exercise bikes and treadmill. |
| Features for Memory Loss | None. |
| Administrator/Contact Person | Marla Drury, Administrator/Director of Nursing |

PROVENA COR MARIAE CENTER
3330 Maria Linden Drive, Rockford, IL 61114
(815) 877-7416
www.provena.org

| | |
|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | 1995 as Provena Cor Mariae; previously was Maria Linden. |
| Ownership | Non-profit corporation, Provena Senior Services |
| Number of Licensed Sheltered | 61 |
| Number of Private vs. Semi-Private | 61 private sheltered 28 private independent 60 semi-private skilled 13 private skilled |
| Other Levels of Care in Facility in Addition to Assisted Living | Skilled nursing, intermediate, |
| Activities | Yes |
| Transportation/Frequency | Assist with arranging transportation. |
| Resident Meetings | Yes |
| Admission Policies | Yes |
| Range of Monthly Rate | Varies, based on level of care. |
| Initial Costs | None |
| Special Features | Rehabilitation Excellence Award, facility bus, specialized activity program for residents with memory loss, clinical and service excellence. Computer access. Resident-centered care, buffet dining, short stay rehabilitation program. |
| Features for Memory Loss | Share Program—activity program 7 a.m.—8 p.m. for clients with Alzheimer's and dementia. |
| Administrator/Contact Person | Teresa Wester-Peters, Administrator |

RESTHAVE HOME OF WHITESIDE COUNTY
408 Maple Avenue, Morrison, IL 61270
(815) 772-4021 Fax: (815) 772-4583
Email: Resthave@Resthavehome.com
Website: Resthavehome.com

| | |
|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | 1995 |
| Ownership | Not-for-profit. |
| Number of Licensed Sheltered Care Beds | 22 |
| Number of Private vs. Semi-Private | 21 private, 1 two-room suite, 48 semi-private nursing beds and one transitional private room. |
| Other Levels of Care in Facility in Addition to Assisted Living | Intermediate, |
| Activities | Scheduled throughout the day and evening to meet the needs and interests of the residents, including outings, bingo, fingernail spa, humor club, Bible study, fitness fair and more. |
| Transportation/Frequency | Facility van with wheelchair lift for doctor appointments and outings. |
| Resident Meetings | Yes, monthly. |
| Admission Policies | At least 65 years old, physical and emotional needs met by services available, assessments and screening. |
| Range of Monthly Rate | \$73 to \$93 per day. |
| Initial Costs | None. |
| Special Features | Beauty/barber shop, laundry provided, daily devotions, weekly Bible study and services, cable TV in all rooms. |
| Features for Memory Loss | No separate unit, however, facility does have Alzheimer's and dementia residents. |
| Administrator/Contact Person | Jim Huber |

WILLOWS ARBOR AT WESLEY WILLOWS
4141 North Rockton Avenue, Rockford, IL 61103
(815) 654-2530
www.wesleywillows.org

| | |
|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | 1966 |
| Ownership | Not-for-profit. |
| Number of rooms/apartments | 127 independent 36 personal care |
| Number of Private vs. Semi-Private | All private. |
| Other Levels of Care in Facility in Addition to Assisted Living | Skilled nursing, sheltered care and independent. |
| Activities | Scheduled daily activities, including ceramic shop, woodworking shop, billiard room, sewing room, library, computer center and more. |
| Transportation/Frequency | Vehicle for medical appointments, \$5 each way. Other vehicles for activity outings and shopping trips. |
| Resident Meetings | Yes. |
| Admission Policies | 55 or older. |
| Range of Monthly Rate | Independent — \$1,949—\$4,856 Personal care — \$4,288—\$6,931 |
| Initial Costs | None for Willows Arbor. |
| Special Features | Plus levels of care—extra services for individuals needing more personalized care. Rehab therapy available. |
| Features for Memory Loss | Kirk's Place ability centered memory support program. |
| Administrator/Contact Person | Debra Adkins, Campus Administrator |

SECTION III
SUPPORTIVE LIVING

ILLINOIS SUPPORTIVE LIVING PROGRAM

Supportive Living Facilities provide private apartments with services for low-income seniors who need help with the activities of daily living.

What is Supportive Living?

Supportive living is an affordable assisted living model administered by the Department of Public Aid . Frail elderly (are 65 and older) or persons with disabilities (are 22 and older) are eligible. The purpose of supportive living is to preserve privacy and autonomy while emphasizing health and wellness for persons who would otherwise need nursing facility care.

By combining apartment-style housing with personal care and other services, residents can live independently and take part in decision-making. Personal choice, dignity, privacy and individuality are emphasized.

Supportive living services include personal care, homemaking, laundry, medication supervision, social activities, recreation and 24-hour staff to meet residents' scheduled and unscheduled needs. The resident is responsible for paying room and board at the facility.

Who can reside in Supportive Living?

The Supportive Living Program is available to:

- Frail elderly age 65 and older
- Persons with a physical disability age 22 and over
- In need of assistance with activities of daily living
- Unable to remain at home but not in need of 24 hour nursing care

What services are available?

Supportive living offers a combination of housing, meals, personal care, health, nursing, wellness promotion and supportive services including:

- temporary nursing care
- social/recreational programming
- health promotion & exercise programs
- medication oversight
- ancillary services
- 24-hour response/security
- personal care provided by a CNA
- laundry
- housekeeping
- maintenance

Residents are assessed within 14 days of admission, annually and as needed. RN's provide a quarterly health evaluation. A care plan is developed to promote health and wellness.

What are the living accommodations in supportive living?

Supportive living offers:

- Private apartment units
- Private baths
- Lockable doors
- Kitchenette with appliances
- Heating and cooling controls

What are the admission requirements for supportive living?

Prior to admission, an individual must be:

- Screened and determined to be in need of care by the local case management agency (refer to Section V)
- Certified by a physician to be in need of care
- Tested, showing to be absent of active TB

What types of assessments are needed?

A resident must have an initial assessment within 14 days of admission and annually thereafter. The assessment must be signed by an RN. A service plan must be completed by an RN within 7 days of the assessment. An RN must also review the resident's health status quarterly.

How does supportive living differ from assisted living?

A **supportive living** facility is certified by the Illinois Department of Public Aid to receive Medicaid reimbursement for services provided to persons 65 and older. A supportive living facility may serve low and very low income frail elderly by setting aside at least 25% of the units for Medicaid eligible recipients. Supportive living facilities are exempt from licensing as assisted living facilities. Rates in supportive living are set by the Illinois Department of Public Aid.

An **assistive living** facility is licensed by the Illinois Department of Public Health and may admit frail elderly 55 and older. Medicaid cannot be used to pay for services in an assisted living. Rates in assisted living facilities vary depending on the type of service plan.

What types of staff are available?

Staffing requirements in supportive living include:

- Specific staff types required for specified services (licensed nurses for medication setup, response staff trained in emergency resuscitation).
- Certified Nursing Assistants must provide all personal care.
- Staffing levels must be sufficient to meet the needs of residents.
- 24-hour on-site awake staff is required.
- Direct care staff must be screened under the Health Care Worker Background Check Act.

Can the facility force me to leave?

Residents have the right to stay in the facility unless they fail to comply with the contract, are a danger to themselves or others, have not paid their bill, require more care than can be provided, leave the facility for longer than a temporary absence or the facility closes.

How is care paid for?

Each Medicaid-eligible resident must have income equal to or greater than the current SSI level and must contribute all but \$90 each month to the provider for lodging, meals and services. The \$90 is kept by the resident as a personal allowance to use as the resident wishes. When sharing a room, a Medicaid-eligible resident is required to contribute no more than one-half of the current SSI rate for a married couple minus the \$90 personal allowance. Any resident receiving food stamp benefits may be required to contribute those benefits to the facility as payment toward meal costs.

What rights do residents of supportive living have?

Supportive living residents are guaranteed certain rights, protections and privileges. Contact the NIAAA office or the Long Term Care Ombudsman Program (Section V) for a copy of a brochure on residents rights in supportive living.

How can I get more information?

Contact the Department of Public Aid, Bureau of Long Term Care for more information or if you have questions regarding supportive living facility.

Phone: (217) 782-0545 www.sfillinois.com

Complaints concerning supportive living may be directed to the Department of Public Aid hotline at 800-226-0768.

The Long Term Care Ombudsman Program (Section V) visits supportive living annually (at a minimum) and also investigates complaints.

Where are supportive living facilities located?

Northwestern Illinois currently has five supportive living facilities. Facilities are located in Carroll (1), DeKalb (1), Stephenson (1) and Winnebago Counties (2). Refer to the attached pages in this section for specific information on each facility.

Three additional supportive living facilities have been approved by DHS and are currently under development but are not yet operational.:

- Boone The Glen at Belvidere
Adjacent to 4452 Squaw Prairie Road
Belvidere, IL 61008

- Stephenson Heritage Woods of Freeport
IL Route 75 and Tower Road
Freeport, IL 61032

- Whiteside: Crossroad Cottages
400 "A" Street
Prophetstown, IL 61277

HAWTHORNE INN OF FREEPORT
2140 W. Navajo Drive, Freeport, IL 61032
(815) 235-0778

| | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| Date Facility Opened | July, 2002 |
| Ownership | RFMS of Galesburg, IL |
| Number of assisted living beds | 84 |
| Number of Private vs. Semi-Private | 22 private 34 semi-private 28 Alzheimer/dementia semi-private |
| Other Levels of Care in Facility in Addition to Assisted Living | Supportive living, assisted living, Alzheimer's/dementia skilled nursing |
| Activities | Movies, bus trips, bingo exercise, cookie club, games, special meals, shopping, lunch outings. |
| Transportation/Frequency | Three to four times per week, scheduled group transportation. |
| Resident Meetings | Yes. |
| Admission Policies | Application and assessment. |
| Range of Monthly Rate | \$65-\$140 a day, \$1,950-\$4,200 |
| Initial Costs | \$1,500 refundable deposit. |
| Special Features | Library, beauty/barbershop, choice of dinner entrée, 24-hour CNA. |
| Features for Memory Loss | Special care/dementia unit. |
| Administrator/Contact Person | Stacy Nelson |

HERITAGE WOODS OF DEKALB
2626 N. Annie Glidden Road, DeKalb, IL 60115
(815) 787-6500
www.bma-mgmt.com/heritagewoodsdekalb

| | |
|------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Date Facility Opened | June 28, 2008 |
| Ownership | Private For-Profit |
| Number of rooms/apartments | 76 (38 one bedroom, 38 studios) |
| Number of Private vs. Semi-Private | All are private. |
| Other Levels of Care in Facility in Addition to Assisted Living | None. |
| Activities | Daily recreational activities, exercise room, educational programs, community outings. |
| Transportation/Frequency | Weekly shopping trips. |
| Resident Meetings | N/A |
| Admission Policies | 65 or older, CCU and nursing screens. |
| Range of Monthly Rate | Financial assistance available through DHS. Also private pay. |
| Initial Costs | None. |
| Special Features | Beauty/barber shop, convenience store, library, patio, television lounge. |
| Features for Memory Loss | N/A |
| Administrator/Contact Person | Susan Varquez, Director of Marketing Kris Decker, Administrator |

HERITAGE WOODS OF ROCKFORD
202 Showplace Drive, Rockford, IL 61107
(815) 332-5777
www/bma-mgmt.com/heritagewoodsrockford

| | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | October 1, 2007 |
| Ownership | BMA Management |
| Number of rooms/apartments | 50 1 bedroom units/49 Studio Units |
| Number of Private vs. Semi-Private | All apartments are private. |
| Other Levels of Care in Facility in Addition to Assisted Living | |
| Activities | Exercise room and activity room. |
| Transportation/Frequency | Assistance with transportation needs. |
| Resident Meetings | |
| Admission Policies | 65+, VNA screening required. TB test. |
| Range of Monthly Rate | Financial assistance is available through the Department of Human Services. Private pay arrangements also. |
| Initial Costs | None. |
| Special Features | Seminars, educational programs, religious services, daily recreational activities, beauty/barber shop, convenience store, library, patio, television lounge, country store and more. Three meals a day, patios, laundry, 24 hour CNA, nurse on call 24 hours, medication reminders, housekeeping, laundry. |
| Features for Memory Loss | Able to serve individuals with early state Alzheimer's. |
| Administrator/Contact Person | Yvonne Peterson, Director of Marketing |

HERITAGE WOODS OF STERLING
2205 Oak Grove Avenue, Sterling, IL 61081
(815) 625-7045
www/bma-mgmt.com/heritagewoodssterling

| | |
|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | March 2009 |
| Ownership | BMA Management |
| Number of rooms/apartments | 76 studio and one-bedroom apartments with kitchenette, bath and emergency response system. |
| Number of Private vs. Semi-Private | |
| Other Levels of Care in Facility | |
| Activities | Activity room, exercise room, beauty/barber shop, convenience store, library, patio, television lounge. |
| Transportation/Frequency | Assistance with transportation needs. |
| Resident Meetings | |
| Admission Policies | |
| Range of Monthly Rate | |
| Initial Costs | |
| Special Features | Help with medications and assistance with bathing, dressing, grooming, and getting to and from dining and activities. Three meals a day plus snacks, housekeeping, laundry, health monitoring, nursing assessment and physician services. |
| Features for Memory Loss | |
| Administrator/Contact Person | |

PINNACLE PLACE
1125 North Fifth Street, Savanna, IL 61074
(815) 273-2105
Email: pinnacle@ahcinc.biz
www.ahcinc.biz/pinnacleplace

| | |
|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | 1997 and certified as a supportive living facility June 30, 2008. |
| Ownership | Al Gapinski |
| Number of rooms/apartments | 21 apartments (2-bedroom, 1-bedroom and studios with unparalleled views) |
| Number of Private vs. Semi-Private | Not provided. |
| Other Levels of Care in Facility in Addition to Assisted Living | Personal care assistance (bathing, dressing), 3 meals a day, housekeeping and laundry, social activities and outings, beauty and barber shop, gathering room, medication reminders, bathing and dressing assistance. |
| Activities | Active social calendar including a variety of recreational outings, bingo, garden club, Bible study, exercise classes, Adopt-A-Grandparent program, travelogues, musical entertainment and trips to community events. |
| Transportation/Frequency | |
| Resident Meetings | |
| Admission Policies | |
| Range of Monthly Rate | |
| Initial Costs | |
| Special Features | Priority access to Big Meadows Nursing Home, emergency response system, beauty/ barber shop. |
| Features for Memory Loss | Not provided. |
| Administrator/Contact Person | JoEllen McCaskey |

ROCKFORD SUPPORTIVE LIVING
2114 South Kishwaukee Street, Rockford, IL 61104
(815) 966-1030
www.supportive-living.org

| | |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | July, 2005 |
| Ownership | Private. |
| Number of rooms/apartments | 136 |
| Number of Private vs. Semi-Private | Studio apartments are all private. |
| Other Levels of Care in Facility in Addition to Assisted Living | Three meals a day, patios, laundry, 24 hour CNA, nurse on call 24 hours and in building 6:00 a.m. to 9:00 p.m., medication reminders, housekeeping, transportation to doctor appointments and outings. |
| Activities | Staff leads and assists with group and individual activities including group outings, exercise classes, board games and more. |
| Transportation/Frequency | |
| Resident Meetings | |
| Admission Policies | 65+, VNA screening required. Must have negative TB test within the last 90 days, must be without a primary or secondary diagnosis of chronic mental illness or developmental disability, must complete DON screening by IDoA. |
| Range of Monthly Rate | Financial assistance is available through the Department of Human Services, as well as private pay arrangements. Application assistance available for Medicaid. |
| Initial Costs | Range is between \$1800 and \$4000 per month. |
| Special Features | Seminars, programs, religious services, two-way call light system. Meals can be served in apartment if resident prefers. |
| Features for Memory Loss | Cannot admit if Alzheimer's diagnosis with wandering factor. |
| Administrator/Contact Person | Tania Hoffman, Executive Director |

SHABBONA SUPPORTIVE LIVING FACILITY
407 West Comanche Avenue, Shabbona, IL 60550
(815) 824-8480

| | |
|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | April, 2006 |
| Ownership | SW Management |
| Number of rooms/apartments | Efficiency Apartments: 29 3-Room Apartments: 7 |
| Number of Private vs. Semi-Private | All are private. |
| Other Levels of Care in Facility in Addition to Assisted Living | Medication reminders, bathing assistance, laundry and housekeeping services. |
| Activities | |
| Transportation/Frequency | |
| Resident Meetings | Monthly. |
| Admission Policies | 65+ and must score 29 or over on DON screen and have physical within seven days. |
| Range of Monthly Rate | Efficiency: \$2,700 3-room: \$3,400 |
| Initial Costs | One month's rent in advance. |
| Special Features | All apartments have microwave oven and refrigerator, three meals a day, nutritious snacks available, assistance with IPA applications. Activities: shopping, outings, exercise classes. |
| Features for Memory Loss | CNA staffed 24/7, handicapped accessible, signage offered |
| Administrator/Contact Person | Delores Nicolson |

SECTION IV

COMPREHENSIVE CARE IN RESIDENTIAL SETTINGS

COMPREHENSIVE CARE IN RESIDENTIAL SETTINGS

What is a comprehensive care in residential setting facility?

Comprehensive care in residential setting facilities are housing demonstration projects funded through the Illinois Department on Aging. They are a special type of subsidized assisted living funded through the Illinois Community Care Program (CCP). All facilities are licensed under the Assisted Living and Shared Housing Act.

Where are comprehensive care in residential setting facilities located?

Only one CCRS facility is available in northwestern Illinois. The Luther Center in Rockford, Illinois offers 28 apartments with a residential housing option subsidized by the State of Illinois Community Care Program.

What services do CCRS facilities offer?

Services offered include housing and supportive personal services including three catered meals a day, weekly housekeeping, weekly laundry, transportation, personal care and money management. Additional services include 24 hour emergency response, daily visits from staff, social services and activities. Medication set up is also offered.

Who is eligible for service?

To be eligible for a CCRS facility, you must be:

- Age 62 and over (a limited number of apartments are available for younger, disabled).
- A U.S. citizen residing in Illinois.
- Meet income limits of: 1 person - \$35,650 a year, and 2 persons - \$40,700 a year.

To be eligible for a CCRS subsidy, you must meet Community Care Program requirements:

- Age 60 or older.
- A resident of Illinois at the time of applying.
- Unable to perform some or all acts of daily living (meal preparation, house cleaning, personal care, laundry) as confirmed by an assessment. The assessment identifies the level of impairment and support available from family, friends or others.
- Obtain a physician's statement confirming the need for services.
- Submit proof of income and assets.

The Community Care Program has an asset limitation. Non-exempt asset limitations, which exclude home, auto and many personal furnishings, are:

- \$17,500 for one person
- \$35,000 for a couple who both need service
- \$2,000 for a couple with one needing service. The spouse not in need of service may apply for Spousal Impoverishment and retain up to \$109,560 in assets and \$2,739 in monthly income. (The spouse receiving service must apply for Medicaid and be Medicaid eligible).

Individuals not eligible for the Community Care Program can pay privately (\$1,236 a month). Residents are still responsible for their rent and utilities.

LUTHER CENTER
111 West State Street, Rockford, IL 61101
(815) 965-0055
www.lssi.org/service/luthercenter.aspx

| | |
|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date Facility Opened | September, 1999 |
| Ownership | Lutheran Social Services of Illinois/General Partner Architecture 80 |
| Number of rooms/apartments | 201 (29 assisted living) |
| Number of Private vs. Semi-Private | All private apartments. |
| Other Levels of Care in Facility in Addition to Assisted Living | Apartment living: 158 one bedroom, 12 two bedroom, 20 one bedroom special features for mobility impaired persons. |
| Activities | Crafts, Red Hat Club, community outings, as well as recreational outings. |
| Transportation/Frequency | Van takes residents to doctor's appointments, monthly outings to stores, nursing homes, restaurants. |
| Resident Meetings | Monthly. |
| Admission Policies | Must meet HUD/IHDA requirements, Illinois Department of Public Health Guidelines and must have an assessment completed by Illinois Department on Aging. |
| Range of Monthly Rate | Rent is 30% of applicant/resident's adjusted income. The base rate for assisted living is \$1,400; however, applicant/resident may be eligible for subsidy from the Illinois Department on Aging. |
| Initial Costs | None |
| Levels of Care | Independent |
| Special Features | HUD and IDoA subsidy. |
| Features for Memory Loss | No individuals with Alzheimer's disease. |
| Administrator/Contact Person | Amy Wilkens, Resident Services Manager |

SECTION V
OTHER OPTIONS

CONTINUING CARE RETIREMENT COMMUNITIES

What are Continuing Care or Life Care Communities?

Continuing Care Retirement Communities, also called life-care communities, offer a variety of options ranging from independent living to skilled nursing home care. Multiple levels of care are offered to address resident's needs as they change over time. These facilities offer the security of knowing if you need nursing home care in the years ahead, it is available within the same facility.

Continuing Care Facilities may have licensed sheltered care and are, therefore, not technically an assisted living facility (although care provided is similar). Entrance fees may be high. Signing a contract may mean a lifetime commitment so it is important to gather all information needed to make a wise decision.

Make sure you understand the contract and have an attorney review it. It is also important to understand the conditions for refund, who makes transfer decisions, the availability of nursing home beds and fee increases. Find out if the facility is accredited and check out the financial solvency of the corporation before making a decision. Ask as many questions as possible to learn as much about the facility as you can. You may want to obtain advice from a financial advisor prior to making a decision. Continuing Care Retirement Communities in Area 01 include:

| | |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DeKalb | Oak Crest-DeKalb Area Retirement Center 2944 Greenwood Acres Drive, DeKalb, IL 60115 (815) 756-8461 |
| Lee | Meadows of Franklin Grove Franklin Grove Express Rehab & Nursing 502 North State Street, Franklin Grove, IL 61031 (815) 456-3000 and (815) 456-2374 respectively |
| Stephenson | Parkview Home 1234 South Park Blvd., Freeport, IL 61032 (815) 232-8612 |
| Winnebago | Fairhaven Christian Retirement Center 3470 N. Alpine Road, Rockford, IL 61114 (815) 877-1441 Peterson Meadows Retirement Community 6401 Newburg Road, Rockford, IL 61108 (815) 229-0390 Provena Cor Mariae Center 3330 Maria Linden Drive, Rockford, IL 61114 (815) 877-7416 Wesley Willows 4141 N. Rockton Avenue, Rockford, IL 61103 (815) 654-2530 |
| Whiteside | Coventry Village 612 West St. Mary's Street, Sterling, IL 61081 (815) 626-9020 |

BOARD AND CARE HOMES

Illinois Board and Care rules require all board and care homes in Illinois register with the Illinois Department on Aging. Board and Care homes are defined as publicly or privately operated residences providing room, housekeeping and meals to fewer than 12 persons who are unrelated to the owners and the managers of the residences. Each resident of the home must be capable of independent self-care.

There are no registered board and care homes in northwestern Illinois, however, one home in Rockford is currently under development. Contact the NIAAA office for more information.

INDEPENDENT SENIOR HOUSING WITH SERVICES

Contact NIAAA, your local Information & Assistance agency or local Case Management agency (Section VI of this Guide) for a list of independent senior housing facilities in your area. Some independent senior housing facilities offer three meals a day, housekeeping and other services.

SHARED HOUSING

Shared housing is licensed under the Assisted Living and Shared Housing Act. Shared housing establishments are basically small assisted living facilities. There are no shared housing establishments in northwestern Illinois.

SECTION VI

COMMUNITY AGENCIES PROVIDING ASSISTANCE

LONG-TERM CARE OMBUDSMAN PROGRAM

The Long Term Care Ombudsman program protects and improves the quality of care and quality of life for residents of long term care facilities (including licensed assisted living facilities and supportive housing). Ombudsmen investigate concerns, mediate disputes, advocate for the rights of residents of long-term care facilities, and provide information on how to choose a nursing home. Ombudsmen provide a voice to vulnerable residents who otherwise may have no one to speak for them.

Concerns and problems are not limited to care at long term facilities, but also include Medicaid, Medicare, family problems, guardianship issues and many other issues that confront long term care facility residents. The ombudsman visits long term care facility residents on a regular basis so residents and families can get to know the ombudsman.

The ombudsman is an advocate for the resident. Problems that can be referred to the Ombudsman Program include counseling about food, personal care, privacy, medication, use of restraints, accidents—such as falls—and other issues. Ombudsmen help resolve problems or concerns in a confidential manner.

Anyone can use the ombudsman service including long term care facility residents, friends, relatives, administrators, employees or other concerned citizens.

WINNEBAGO COUNTY:

Catholic Charities
4401 Highcrest Rd, Rockford, IL 61104
Phone: (815) 316-0040 Fax (815) 316-0042
Toll free no: 1-800-369-0895
E-mail: ccombudsman@aol.org
Website: www.ccrfd.org

JO DAVIESS AND STEPHENSON COUNTIES:

Catholic Charities
1231 South Walnut Avenue, Freeport, IL 61032
Phone: (815) 235-9563
1-800-369-0895

BOONE AND DEKALB COUNTIES:

Catholic Charities
1315 Pleasant, DeKalb, IL 60115
Phone: (815) 756-8632
1-800-369-0895

CARROLL, LEE, OGLE AND WHITESIDE COUNTIES:

Catholic Charities
801 West 11th Street, Sterling, IL 61081
Phone: (815) 625-6945
1-800-369-0895



INFORMATION & ASSISTANCE AGENCIES AND CAREGIVER RESOURCE CENTERS

Information and Assistance (I&A) services and caregiver resource centers provide older adults and caregivers with current information on all programs and services available within the community including assisted living, nursing home, and independent senior housing options.

OLDER AMERICANS ACT FUNDED INFORMATION & ASSISTANCE SERVICE SITES

- BOONE COUNTY:** Boone County Council on Aging
2141 Henry Luckow Lane, Belvidere, IL 61008
Phone: (815) 544-9893
Fax: (815) 547-7373
E-mail: jslattengren@keenage.org
Website: www.keenage.org
- CARROLL COUNTY:** Carroll County Senior Services Organization, Inc.
306 N. Main Street, Box 45, Mt. Carroll, IL 61053
Phone: (815) 244-1800
Fax: (815) 244-5334
Toll free: (866) 214-1959
E-Mail: ccsso@internetni.com
- DEKALB COUNTY:** Elder Care Services of DeKalb County
330 Grove Street, DeKalb, IL 60115
Phone: (815) 758-6550
Fax: (815) 758-4239
E-mail: DMaculan@ecsdekab.org
- LEE COUNTY:** Lee County Senior Center
100 West 2nd Street, Dixon, IL 61021
Phone: (815) 288-6563 or 1-888-239-9228
Fax: (815) 288-6563
E-mail: lcoa@comcast.net
- OGLE COUNTY:** Rock River Center
215 West Washington Street, Oregon, IL 61061
Phone: (815) 732-3252 or 1-800-541-5479
Fax: (815) 732-4318
E-mail: rockrivercenter@verizon.net
Website: www.rockrivercenter.com
- JO DAVIESS AND
STEPHENSON
COUNTIES:** Senior Resource Center
1237 West Galena Avenue, Freeport, IL 61032
Phone: (815) 235-9777 or 1-800-424-6696
Fax: (815) 235-9571
E-mail: mrichter@srcntr.org
Website: www.stephensonseniorcenter.org

WHITESIDE COUNTY:

Whiteside County Senior Center
1207 West 9th Street, Sterling, IL 61081
Phone: (815) 626-7707 or 1-800-645-2859
Fax: (815) 625-0155
E-mail: whitesideseniors@comcast.net
Website: www.whitesideseniorcenter.org

WINNEBAGO COUNTY:

Lifescape Community Services, Inc.
705 Kilburn Avenue, Rockford, IL 61101
Phone: (815) 963-1609 or 1-800-779-1189
Fax: (815) 963-1627
E-mail: lifescape@lifescapeservices.org
Website: www.lifescapeservices.org

NINE COUNTIES:

Northwestern Illinois Area Agency on Aging
Rockford Plaza
2576 Charles Street, Rockford, IL 61108-1652
Phone: (815) 226-4901 or 1-800-542-8402
Fax: (815) 226-8984
E-mail: niaaaa@nwilaaa.org
Website: www.nwilaaa.org

CASE MANAGEMENT AGENCIES

Case management service helps frail older persons with multiple health problems receive assistance appropriate to their needs. Case management service assesses the needs of frail, vulnerable older persons and provides service options outlined in a care plan. The case manager assumes an active role, assisting older persons in securing needed services, working with family members and service providers to coordinate care, and monitoring the coordinated care system.

Case managers work closely with the older person and family members to develop a suitable plan of services to increase the older person's independence, always respecting the older person's wishes regarding the plan. The case manager monitors the older person's continued need for and satisfaction with services and makes changes in the service plan as necessary. Case managers determine eligibility for the State of Illinois Community Care Program.

BOONE & WINNEBAGO COUNTIES

Visiting Nurses Association (VNA)
4223 East State Street
Rockford, IL 61108
Phone: (815) 971-3502
E-mail: vnaweb@rhsnet.org
Website: www.rhsnet.org/about/vna.aspx

DEKALB COUNTY

Elder Care Services of DeKalb County
330 Grove Street
DeKalb, IL 60115
Phone: (815) 758-6550
E-mail: DMaculan@ecsdekalb.org

CARROLL, LEE, OGLE, & WHITESIDE COUNTIES

Lutheran Social Services of Illinois
Intouch Services
1901 First Avenue
Sterling, IL 61081
Phone: (815) 626-7333
E-mail: sarah.karras@lssi.org
Website: www.lssi.org

JO DAVIESS & STEPHENSON COUNTIES

Senior Resource Center
1237 West Galena Avenue
Freeport, IL 61032
Phone: (815) 235-9777 or (800) 424-6696
E-mail: mrichter@srcntr.org
Website: www.stephensonseniorcenter.org