



## Health & Wellness Care Services

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*At Hoffman SummerWood, our main priority is resident safety, comfort, care and happiness. We offer Independent Living & Assisted Living within one inviting community. As individual resident needs change, customized nursing care services can be added and/or adapted. This allows the opportunity to “gracefully age in place” - encouraging as much freedom as possible knowing that throughout all hours of the day, a helping hand is just around the corner.*

**Hoffman SummerWood Nursing Care Services are customized and tailored to meet each resident’s individual changing needs.**

### *Assistance with Activities of Daily Living (also referred to as ADL’s):*

ADL’s refer to the *daily tasks of life* – for example, bathing and showering; grooming; dressing and undressing. ADL’s can also refer to tasks that some individuals may need more assistance with, such as medication management-including oxygen, nebulizer or diabetic insulin management; incontinence care; mealtime assistance; transferring to or from a bed or chair; getting to meals and programs, etc.

SummerWood allows for customized nursing care because some individuals may prefer managing their own medications, but could use a little extra help in other areas that can prove difficult such as fastening that stubborn clasp and button or ordering personal care products. *Our nursing services cater to each resident individualized need and preferences.*

### *Customized Personalized and Adjustable Care:*

There are many ways that our nursing team assists our residents each and every day- in small and simple ways, or in extensive and comprehensive ways. Customized Assistance means that while one resident may need physical assistance while bathing, another might benefit simply from the peace of mind in having a Certified Nurse Assistant (CNA) on standby, tidying up the apartment at the time of them showering.

If you are interested in learning more about how Assistance with Activities of Daily Life (ADL) can benefit you or a loved one, please feel free to call a community representative at Hoffman SummerWood to discuss your specific care concerns.

*More information on customizing your nursing care plan on the pages to follow.*



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\*This guide provides general insightful information. Please note that before a resident moves in to our community, SummerWood's Nursing Director provides a complete, comprehensive and complimentary nursing assessment to determine the specific care plan and cost thereof.

### Hoffman SummerWood Customizable Nursing Care Services

#### **Service Care Coordination**

This refers to **overseeing and tending to resident care concerns**, including:

- Implementing additional safety protocols to prevent injury; tending to injury or fall.
- Health and vitals monitoring (blood pressure, weight, medications etc).
- Physician, hospital and specialist follow-up and communication with resident family members.
- Pharmacy services including on-site pharmacy delivery services.
- Scheduling specialized testing / lab work, provided on-site by visiting professional.
- Thorough nutritional consultation with nursing and dietary team.

*Each care plan is reassessed every 120 days, or sooner if needed, to ensure the most appropriate level of care is being provided.*

#### **Showering & Bathing Assistance**

Depending on the level of assistance needed, the cost of this service is tiered. For example, an individual may be completely independent in this category; or they may need a reminder (cuing); a CNA on standby while they bathe; they may need some help setting up, getting into the shower and drying off; or they may need extra time and full physical assistance getting into the shower, washing and drying off. The number of showers per week is also customizable.

#### **Grooming & Dressing Assistance**

Grooming refers to daily tasks such as washing of the face and hands; combing and styling of the hair; shaving, and brushing of the teeth. Dressing assistance can occur in the morning and evenings. Similar to above, this category is also tiered.

For example, an individual may be completely independent in this category; or they may simply require a daily reminder (cuing) and no assistance; or they may need some help with tasks like choosing clothing for the day, setting out hair brushes, makeup, etc; or they may need complete physical assistance preparing for and performing grooming tasks and dressing or undressing.

## Medication Management and/ or Chronic Condition and Equipment Supplying

These categories are specifically tiered because medications can refer to standard medications such as capsules, tablets and liquids, or special nurse-administered medications such as diabetic insulin care; inhalers; topicals; eye-drops; nasal-sprays and nebulizers/ oxygen (and the ordering thereof). The number of times per day these medications are taken is also a factor.

## Incontinence Management

This category is tiered because some residents may be independent on this, or some only require help ordering incontinence supplies. Others may require a reminder (cuing) or help getting to and from the bathroom during the day and night. Some may require a consistent toileting schedule and complete physical assistance cleaning up, changing linens and ordering supplies.

## Mobility and Transferring Assistance

This category is tiered because a resident may feel safer with or require a caregiver escort to meals, or meals & programs. Individuals may also require complete physical assistance while transferring to and from a bed or chair multiple times throughout the day, or in addition they may require a lift device and a second person assisting.

Level of care does not necessarily increase if a mobility aid such as a walker or wheelchair is needed, instead it is the level of assistance from staff members that determines the care level. For example, someone who can ambulate in their wheelchair independently would need less hands-on care than someone who only ambulates when holding on to a caregiver's arm.

## Mealtime Assistance

This category is tiered based on if a resident is completely independent in regards to nutrition and eating; requires some help; or requires complete feeding assistance with a caregiver present for every meal.

## Laundry Services

While there are multiple laundry rooms on every floor with machines free to use, some residents benefit from the freedom in not needing to tend to this responsibility. Residents receiving nursing services are automatically serviced two loads of laundry per week, including bed linens. However, residents may also request additional daily laundry services as well with the max amount being 2 daily loads of laundry.

*Questions or concerns? Give us a call today ask to speak to a Community Representative*

*who can connect with you on your specific care needs or requests.*