

<p>ALLEGHANY MANOR LLC P.O. Box 550 Covington, VA 24426 540/962-4425</p>	<p>BETHEL RIDGE 10535 Lee Highway Fincastle, VA 24090 540/992-6226</p> <p>www.bethelridge.com</p>	<p>BRANDON OAKS 3804 Brandon Ave. Roanoke, VA 24018 540/776-2615</p> <p>www.brandonoaks.net</p>
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ASSISTED LIVING FACILITIES

✓	✓	✓	Licensed
35	22	27	Capacity
✓	✓	✓	Ambulatory
✓			Non-Ambulatory
✓	✓	✓	Activity Coordinator
✓	✓	✓	Chapel/Religious Services
Transport	Transport	Private/Transport	Dental Services
✓		✓	LPN
✓	✓	✓	Medication Management
✓	✓	✓	Personal Care Assistance
✓	✓	✓	Phys. Services
✓	Private	Contract	Rehabilitation Services
Consultant	✓	✓	RN
✓	✓	✓	Special Diets
✓	✓	✓	Transportation
✓	✓	✓	Residential Living
	✓	✓	Respite
✓			Auxiliary Grants
Doctor weekly, more if needed; Alzheimers and dementia; alcohol substance abuse through CSB.	Chaplain; Barber/Beauty Shop; Housekeeping; Volunteer Programs; Dining Hall and served meals; Dish TV; Phone; Laundry Service, Privately owned and operated, extremely clean facility; care ratio one to four.	Podiatrist; on site banking; resident council; on site chaplain; van rides; alarm system; volunteer program; barber/beauty shop; cafeteria, dining hall, Cable; phone; housekeeping; laundry.	Other

ASSISTED LIVING FACILITIES

	CANDIS HOME FOR ADULTS, Inc. 1619 Hanover Ave., NW Roanoke, VA 24017 540/343-8640	CAVE CREEK 8088 Lee Highway North Troutville, VA 24175 540/992-4599	THE COURT 1127 Persinger Road Roanoke, VA 24015 540/343-4900 www.lifetrust.com
Licensed	✓	✓	✓
Capacity	17	55	56
Ambulatory	✓	Semi-mobile	✓
Non-Ambulatory			✓
Activity Coordinator	✓	✓	✓
Chapel/Religious Services	✓	✓	✓
Dental Services	Transportation	Staff assisted transportation	Staff assisted transportation
LPN	✓	✓	✓
Medication Management	✓	✓	✓
Personal Care Assistance	✓	✓	✓
Phys. Services (On-Site)	VA for VA residents	Transportation to all appts.	Staff assisted transportation
Rehabilitation Services	contract		Home Health
RN	✓	✓	✓
Special Diets	✓	✓	✓
Transportation	✓	✓	✓
Residential Living	✓	✓	✓
Respite			✓
Auxiliary Grants	✓		
Other	Have birthday and special event parties. On-site podiatrist, on-site barber as needed beautician. Small, homelike setting.	Cater to Veterans & private pay civilians; all male; mental & physical disabilities; 3 care levels: minimal, moderate, maximum. All one floor; 1 acre fenced yard. Activity program includes trips & vacations. Canteen on premises; restaurant next door; transportation to all appts. for off-site phys. services accompanied by CNA. VA support group.	Alzheimer's/Dementia residents only. All CNS staff 1 to 7 ratio to residents.

FRIENDSHIP MANOR - EAST HOME FOR ADULTS 320 Hershberger Rd., NW Roanoke, VA 24012 540/265-2244	THE GLEBE 200 The Glebe Blvd Daleville, VA 24083 540/591-2100 www.theglebe.org	HAMILTON HAVEN OF ROANOKE HOME FOR ADULTS 2720 Cove Rd., NW Roanoke, VA 24017 540/366-5355	<h1 style="text-align: center;">ASSISTED LIVING FACILITIES</h1>
✓	✓	✓	Licensed
89 ACR	64	24	Capacity
✓	✓	✓	Ambulatory
✓	✓		Non-Ambulatory
✓	✓	✓	Activity Coordinator
✓	✓	Arranged Transportation	Chapel/Religious Services
Arranged Transportation	✓	Arranged Transportation	Dental Services
✓	✓		LPN
✓	✓	✓	Medication Management
✓	✓	✓	Personal Care Assistance
Arranged Transportation	✓	Arranged Transportation	Phys. Services
Via Friendship Manor	✓	Arranged Transportation	Rehabilitation Services
✓	✓		RN
✓	✓	✓	Special Diets
✓(additional fee)	✓	✓	Transportation
✓	✓	✓	Residential Living
	✓		Respite
		✓	Auxiliary Grants
Do not accept Medicaid recipients (only private pay); Dialysis thru Friendship Manor; Valley Metro Bus Line; pharmacy; resident's center with indoor heated pool; newly remodeled.	Beauty/Barber; 2 Dining Rooms; Laundry; Social Worker; Library; Bank; Fitness Center; Private Apartments.		Other

ASSISTED LIVING FACILITIES

	HIGHLAND HOUSE ADULT CARE RESIDENCY 3501 Longdale Furnace Rd. Clifton Forge, VA 24422 540/862-4271	HOLLINS MANOR 7610 Williamson Rd., NW Roanoke, VA 24019 540/563-1212	JOSEPH C. THOMAS CENTER 3939 Daughtery Road Salem, VA 24153 540/380-6527
Licensed	✓	✓	✓
Capacity	30	149	96
Ambulatory	✓	✓	✓
Non-Ambulatory		✓	
Activity Coordinator	✓	✓	✓
Chapel/Religious Services	✓	✓	✓
Dental Services	Transportation Provided	Dr. Kaiser/Dr. Conklin	At Nursing Center
LPN	✓	✓	✓
Medication Management	✓	✓	✓
Personal Care Assistance	✓	✓	✓
Phys. Services (On-Site)	✓	✓	Transport
Rehabilitation Services	✓(Home Health)	Contracted (Home Health)	✓
RN			
Special Diets	✓	✓	✓
Transportation	✓	✓	For a Fee
Residential Living	✓	✓	✓
Respite			✓
Auxiliary Grants		✓	
Other	Use van for activities. Transport residents to and from doctor.	Psychiatrist on staff: Dr. Shah; Physician's Assistant; Cable TV available.	All rooms are private; bathrooms in room; meals furnished; functional kitchen; furnished rooms; Medication Management; Activities, outings; Beauty/Barber Salon; Cable TV; Phone Services.

<p>LOYALTON OF ROANOKE 3585 Brambleton Ave. Roanoke, VA 24018 540/772-7181</p> <p>www.emeritus.com</p>	<p>MAGNOLIA RIDGE ASSISTED LIVING FACILITY 1007 Amherst St., SW Roanoke, VA 24015 540/342-8861</p>	<p>MONTICELLO MANOR 5046 Williamson Rd. NW Roanoke, VA 24012 540/366-3408</p>
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ASSISTED LIVING FACILITIES

✓	✓	✓	Licensed
118	34	31	Capacity
✓	✓	✓	Ambulatory
✓	✓		Non-Ambulatory
✓	✓		Activity Coordinator
✓	✓ (chaplain 2x per week)	✓	Chapel/Religious Services
Transportation	Resident's choice	Private or contracted	Dental Services
✓	✓	✓	LPN
✓	✓	✓	Medication Management
✓	✓	✓	Personal Care Assistance
	✓	On call	Phys. Services (On-Site)
✓	Contracted	Home Health Services	Rehabilitation Services
✓	✓	✓	RN
✓	✓	✓	Special Diets
✓	✓ (to Dr. appts.)	✓	Transportation
	✓	✓	Residential Living
	✓		Respite
		✓	Auxiliary Grants
On-site physical therapy department; Work with bladder and bowel issues.	Personal laundry, Daily housekeeping; ability to "age in place", provided resident has no prohibitive conditions.	Church bus will pick up residents for service.	Other

ASSISTED LIVING FACILITIES

NORTH ROANOKE ASSISTED LIVING

6910 Williamson Rd., NW
Roanoke, VA 24019
540/265-2173

THE OAKS AT RICHFIELD - ASSISTED LIVING

P.O. Box 1048
3706 Knollridge Rd.
Salem, VA 24153
540/380-6544

OUR LADY OF THE VALLEY RETIREMENT COMMUNITY

650 N. Jefferson St.
Roanoke, VA 24016
540/345-5111

www.ourladyofthevalley.com

Licensed	✓	✓	✓
Capacity	191	90	100
Ambulatory	✓	✓	✓
Non-Ambulatory	✓	✓	✓
Activity Coordinator	✓	✓	✓
Chapel/Religious Services	✓	✓	✓
Dental Services	✓	At Nursing Center	
LPN	✓	✓	✓
Medication Management	✓	✓	✓
Personal Care Assistance	✓	✓	✓
Phys. Services (On-Site)	Transportation	Transportation	
Rehabilitation Services	PT thru Friendship Manor	✓	Contract
RN	✓		✓
Special Diets	✓	✓	✓
Transportation	✓	For a Fee	✓
Residential Living	✓	✓	✓
Respite	✓	✓	
Auxiliary Grants	✓		✓
Other	Alzheimer Unit; Facility Bus Transportation available at no cost; Physical Therapy, Occupational Therapy, Speech Therapy, Dialysis available through Friendship Manor; Podiatrist visits monthly.	Large private and unique semi-private accommodations in a single level setting; Includes basic furnishings; Window treatments; Carpeting; a private bath; Hair salon; laundry; Staff on duty 24 hours a day; Daily housekeeping. Podiatrist and psychiatrist contracted.	CNAs - trained nursing assistants; pastoral counselor; podiatry services.

ASSISTED LIVING FACILITIES

<p>THE PARK-OAK GROVE RETIREMENT COMMUNITY 4920 Woodmar Dr., SW Roanoke, VA 24018 540/989-9501</p> <p>www.parkoakgrove.com</p>	<p>RESTIN SOUTH 6347 Crowell Gap Rd. Roanoke, VA 24014 540/774-9255</p> <p>(P.O. Box 20951 Roanoke, VA 24018)</p>	<p>RICHFIELD MEMORY CARE & ENRICHMENT CENTER P.O. Box 804 3719 Knollridge Rd. Salem, VA 24153 540/380-5500</p>	
✓	✓	✓	Licensed
45	12	82	Capacity
✓	✓	✓	Ambulatory
			Non-Ambulatory
✓	✓	✓	Activity Coordinator
✓ (2 times per week)	Weekly in house & Transp.	✓	Chapel/Religious Services
Transportation	Transportation	At Nursing Center	Dental Services
✓		✓	LPN
✓	✓	✓	Medication Management
✓	✓	✓	Personal Care Assistance
Transportation	Transportation	Transportation	Phys. Services (On-Site)
Contract	Christian AA meetings weekly	✓	Rehabilitation Services
✓	On-call		RN
✓	✓	✓	Special Diets
✓	✓	For a fee	Transportation
✓	✓	✓	Residential Living
			Respite
	✓	✓	Auxiliary Grants
Private apartments with kitchen; Wellness program; pets under 30 pounds welcome; Varied program plus arts and crafts. Transportation available.	Weekly outings; Gardens, pets, Cookouts. Family home and environment.	Barber / Beauty Shop; Staff on duty 24 hours a day; Daily housekeeping; Furnished private and semi-private accommodations in a single level setting; Includes private bath. Podiatrist and psychiatrist contracted.	Other

ASSISTED LIVING FACILITIES

	ROANOKE UNITED METHODIST HOME 1009 Old Country Club Rd. Roanoke, VA 24012 540/344-6248	SUMMERVILLE AT RIDGEWOOD GARDENS 2001 Ridgewood Drive, Salem, VA 24153 540/387-4945	SUPERIOR RESIDENCES OF PHEASANT RIDGE 4435 Pheasant Ridge Road Roanoke, VA 24014 540/725-1120 www.superioralf.com
Licensed	✓	✓	✓
Capacity	64	70 suites, 4 short term respite	100
Ambulatory	✓	✓	✓
Non-Ambulatory	✓	✓	
Activity Coordinator	✓	✓	✓
Chapel/Religious Services	✓	✓	✓
Dental Services	Provide Transportation	Consultation or Transportation	
LPN	✓	✓ 16hrs daily; 8hrs on-call	✓
Medication Management	✓	✓	✓
Personal Care Assistance	✓	✓	✓
Phys. Services (On-Site)	Contracted	Transportation	
Rehabilitation Services	Contracted	Home Health Services	Contracted
RN	✓	✓	✓
Special Diets	✓	✓	✓
Transportation	✓	✓	✓
Residential Living	✓	✓	✓
Respite		✓	
Auxiliary Grants			
Other	Full time therapeutic recreational specialist; planned activities; Exercise classes; 10 acres of campus for walking; Garden planting; 1,000 volume, large print library; books on tape. Wellness Center; Security; private rooms; elegant dining room; gardens and park-like setting.	Specialized Alzheimers Services; Full-time activities director; gardens; walking area; library; ice cream parlor and more.	Restaurant style dining. Alzheimer's unit.

<p>TANGLEWOOD HOME FOR ADULTS, INC. 4401 Midland Trail P.O. Box 808 Covington, VA 24426 540/962-4967</p>	<p>VALLEY RETIREMENT HOME 1418 Tenth St. Roanoke, VA 24012 540/563-9153</p>	<p>VIRGINIA VETERANS CARE CENTER 4550 Shenandoah Ave., NW P.O. Box 6413 Roanoke, VA 24017-0413 1-800-220-VETS 540/982-2860</p>
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ASSISTED LIVING FACILITIES

✓	✓	✓	Licensed
89	60	60	Capacity
✓	✓	✓	Ambulatory
✓		✓	Non-Ambulatory
✓	✓	✓	Activity Coordinator
✓	✓	✓	Chapel/Religious Services
Transportation	Transportation	Transportation	Dental Services
✓	On-call	✓	LPN
✓	✓	✓	Medication Management
✓	✓	✓	Personal Care Assistance
✓	Transportation		Phys. Services (On-Site)
Off grounds or home health	Contract	✓	Rehabilitation Services
		✓	RN
✓	✓	✓	Special Diets
✓	✓	✓	Transportation
✓	✓	✓	Residential Living
			Respite
✓	✓	✓	Auxiliary Grants
Counseling - alcohol, substance abuse, etc. through C.S.B.	Lots of outside volunteers, churches and in-house activities. Music therapy.	Incentive work therapy program; gift shop; paved handicapped accessible nature trail; Full time social worker; pet therapy; staffed 24 hours; barber & beauty shop; 20 seater bus.	Other

ASSISTED LIVING FACILITIES

<p>VIRGINIA'S RESIDENTIAL ASSISTED LIVING CARE FACILITY 1205 Moorman Road, NW Roanoke, VA 24017 540/343-3330</p>			
Licensed	✓		
Capacity	27		
Ambulatory	✓		
Non-Ambulatory			
Activity Coordinator	✓ (Staff)		
Chapel/Religious Services	Church groups visit at diff. times		
Dental Services	Transportation		
LPN	on call		
Medication Management	✓		
Personal Care Assistance	✓		
Phys. Services (On-Site)	Transportation		
Rehabilitation Services	Contracted		
RN	On call		
Special Diets			
Transportation	✓		
Residential Living	✓		
Respite			
Auxiliary Grants	✓		
Other	Wander Guard Alarm System; Beauty and Barber services 4RN; Outdoor Functions; Outings when available; Cable TV; private and semi-private rooms. Podiatrist once a month.		

CHECKLIST FOR CHOOSING AN ASSISTED LIVING FACILITY

Definition: An adult care residence is any place, public or private, operated to care for four or more adults who are aged, infirm or disabled. An adult care residence provides room, board, supervision, and assistance with the activities of daily living which the resident has difficulty performing. It is not a medical facility.

You may want to use this checklist when you visit adult care residences to help you compare one with another. An asterisk (*) indicates that this item is required by licensing regulations.

YES	NO
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LICENSE TO OPERATE

- * 1. Does the home have a current license from the State Department of Social Services on display?
- * 2. Is the home licensed to accept non-ambulatory residents?

PHYSICAL CONSIDERATIONS

- 3. Location
 - a. Convenient to medical, transportation and other services?
 - b. Convenient for frequent visits by family and friends?
- * 4. Accident Prevention
 - a. Rooms and halls well-lighted, free from glare?
 - b. Free of hazards underfoot?
 - c. Chairs sturdy and not easily tipped?
 - d. Handrails on stairways?
- * 5. Fire Safety
 - a. Meets the Local and State codes?
 - b. Exit doors clearly marked, unlocked and unobstructed?
 - c. Written emergency evacuation plan posted?
 - d. Monthly fire drills?
- * 6. Bedrooms
 - a. Open on to hall?
 - b. Window?
 - c. No more than four beds per room with easy access?
 - d. Clothes closet and drawer space?
- 7. Toilet Facilities
 - * a. Convenient to bedrooms?
 - * b. Hand rails on or near toilet and bathtub?
 - c. Bathtubs and showers with non-slip surfaces?
 - d. Well-lighted?
- * 8. Cleanliness
 - a. Free of roaches and/or other vermin?
 - b. Free of unpleasant odors?
- 9. Dayroom
 - a. Does it appear to be used by residents?
 - * b. Lamps, tables and comfortable chairs?
 - * c. Books and games available?
- 10. Dining Room
 - a. Attractive and pleasant?
 - b. Comfortable chairs and tables?
 - * c. Meals match posted menus?
 - d. Meals attractively served?
 - * e. Those needing help with eating receive it?
- 11. Kitchen
 - a. Food preparation, dishwashing and garbage areas separated?
 - b. Food needing refrigeration not left out on counters?
 - * c. Special diets available?
- 12. Are grounds attractive, well-kept and accessible to residents?
- 13. Is the facility air-conditioned?
- 14. Does the facility seem to be in good repair and condition?

SERVICES

- * 15. Medical
 - a. Thorough physical required before admission?
 - b. Medical records and plan of care kept and confidentially observed?
- 16. Activities Program
 - * a. One scheduled activity each day?
 - b. Group and individual activities?
 - * c. Residents encouraged but not forced to participate?
 - d. Outside trips for those who can go?
 - e. Volunteers from the community work with residents?
- 17. Religious Observances
 - a. Arrangements made for resident to worship as he/she pleases?
 - b. Religious observances a matter of choice?

SPECIAL CONSIDERATIONS

- 18. Is additional supervision or assistance available for confused residents or those with demands?
- 19. Can arrangements be made to meet any special needs or requirements of the resident?

STAFF

- 20. Courteous and helpful toward residents and family?
- * 21. Is a staff person(s) trained in CPR available at all times?
- 22. Is the administrator available to residents and their families during normal business hours?

FINANCIAL CONSIDERATIONS

- 23. Contract clearly states what services are and are not included in the basic fee?
- 24. Does the home accept auxiliary grant funds?
- 25. Are the monthly charges prorated in case the resident has to be discharged, or dies, before the end of the billing period?
- * 26. Is the resident or responsible family member given a monthly itemized accounting of services and fees, and an accounting of the personal funds available?

ATTITUDES AND ATMOSPHERE

- * 27. Residents' Rights
 - a. Informed of rights, responsibilities?
 - b. Encouraged to exercise rights as a resident and citizen?
 - c. May manage own finances if capable and obtain accounting if not?
 - d. Have privacy for telephone calls and visits?
 - e. May choose own physician, pharmacy, and care providers as long as can afford the fees?
 - f. May take part in planning own care?
 - g. May keep own clothes and possessions (given space limitations)?
 - h. Married couples may share a room?
 - i. Telephone numbers of the Department of Social Services, Regional Licensing Office, and the State Long-Term Care Ombudsman Program and any local Ombudsman Program posted?
- 28. Residents appear alert, dressed and well cared for?
- 29. Visiting hours convenient for family and friends?
- 30. Overall atmosphere is clean, comfortable and secure?
- 31. There is a vacancy available?

What Is Elder Abuse?

There are three basic categories of elder abuse: domestic, institutional, and self-neglect. Domestic elder abuse refers to maltreatment of an older person residing in his/her own home or the home of a caregiver. Institutional abuse refers to the maltreatment of an older person residing in a residential facility for older persons, e.g., a nursing home, board and care home, foster home, or group home. Self-neglect refers to the conduct of an older person living alone which threatens his/her own health or safety.

The term "adult abuse" or "elder abuse" includes a wide variety of abusive behaviors, including:

- **PHYSICAL ABUSE** - the intentional infliction of physical pain or injury.
- **MENTAL OR PSYCHOLOGICAL ABUSE** - the intentional infliction of mental anguish by threat, intimidation, humiliation or other means.
- **SEXUAL ABUSE** - unwanted sexual activity.
- **NEGLECT** - the lack of necessary assistance to keep physically and mentally healthy.
- **SELF-NEGLECT** - the failure to provide self with the necessities of life, such as food, clothing, shelter, needed medical care and reasonable financial management.
- **FINANCIAL EXPLOITATION** - the illegal use of an incapacitated adult's resources for another's profit or advantage.

Resident's Rights

Residents of long-term care facilities have certain rights guaranteed by federal and state law and regulations.

1. To be informed of your rights, as well as the rules and regulations governing your care, conduct and responsibilities.
2. To be informed of available services and related charges.
3. To be informed of your medical condition and to be involved in planning your treatment.
4. To be informed of reasons for transfer or discharge and to be given reasonable advance notice.
5. To voice grievances and recommend changes in policy.
6. To manage your personal financial affairs.
7. To be free from mental and physical abuse and to be free from unauthorized chemical and physical restraints.
8. To have confidential treatment of your personal and medical records and approval or refusal of their release.
9. To be treated with recognition of your dignity, individuality, and privacy.
10. To not be required to perform services for the facility.
11. To have private communication with persons of your choice and to send and receive unopened mail.
12. To participate in social, religious, and community activities.
13. To maintain and use personal clothing and possessions as space permits.
14. To have privacy for visits with your spouse.
15. To have the rights and responsibilities of residents available in an easily accessible place in the facility. Included will be the telephone number for the LOA Area Agency on Aging, State Long-Term Care Ombudsman, regulatory agencies, protective services and advocacy agencies.