

## The Terraces at Brookmeade Assisted Living

### Cognitive Support Services / IADL

**Basic - \$550/month    Advanced \$850/month**

As care needs increase, residents requiring closer supervision and cognitive support by a resident care assistant will receive it. Generally, Basic Level requires moderate support or continuing cognition-related prompts, directives, and supervision, and Advanced requires a high level of personal and professional time to provide an optimal lifestyle.

- Activities reminders/escort
- Mealtime reminders/escort
- Medication management
- Outside communication support (phone, internet, mail)
- Cognitive diagnosis
- Wandering/Safety support
- Behaviors
- Support/escort with shopping and medical appointments

### Daily Living Support Services / ADL

**Basic - \$550/month    Advanced \$850/month**

A resident care assistant will provide the resident with the time needed for hands-on assistance with a multiple of activities of daily living. This means that the resident requires some reasonable level of physical assistance from a resident care assistant while being able to perform a segment of a task required for his or her care. Basic Level requires moderate support and Advanced requires a higher level of personal and professional time to provide an optimal lifestyle.

- Scheduled hands-on assistance with bathing, dressing, grooming
- Medication management ( a licensed nurse will assist with medications including insulin or other injections up to four times a day.
- Laundry service
- Tidying of personal space.
- Toileting program

### EALR Services \*

Enhanced Assisted Living Resident services are also offered for specialized care that does not fall under the cognitive or daily living support designations, including assistance with oxygen and other specialized medical devices

**\*cost varies based on care**

### 2 Bedroom Apartments

There are several 2-bedroom units available that accommodate 1 or 2 residents. The cost for 1 resident with Basic Services is \$9,830. An additional resident with Basic Services is an additional \$1,591. Additional fees will determined based on care levels

*\*All fees are subject to change*

# THE TERRACES

AT BROOKMEADE



## Dutchess County's Premier Assisted Living Community

Located on 75 country acres just outside the Village of Rhinebeck, The Terraces offers three restaurant style meals a day, 24-hour support with the activities of daily living, and fun activities and events to help seniors thrive.

As part of the Community at Brookmeade, residents and their families can take advantage of all campus resources including outpatient rehabilitation services, heated indoor pool, and extensive outdoor trails and walking paths. The Terraces also shares a campus with Meadows at Brookmeade, which provides Skilled Nursing and Rehabilitation Services and an Adult Day Program.

The Terraces is conveniently located in the charming, historic Village of Rhinebeck with easy access to numerous health professionals and Northern Dutchess Hospital.

Tours are available by appointment at 845-876-3344

54 Brookmeade Drive, Rhinebeck, N.Y. 12572 (845) 876-5522

[communityatbrookmeade.org](http://communityatbrookmeade.org)



## The Terraces at Brookmeade Assisted Living

Fully licensed with the *Assisted Living Residency License* and regularly evaluated by the New York State Department of Health, The Terraces is the community of choice for seniors and their families.

We combine support for a self-sufficient lifestyle with personal care of the highest caliber in a comfortable setting. The Terraces is not Medicaid supported, and residents pay privately on a month-to-month basis.

### Amenities

26 Private Apartments • Kitchenette, Walk-in Closet and Private Bath

2 Bedroom Apartments Available for Couples • Full Social and Fitness Calendar

Spa, Jacuzzi, Beauty and Barber Shops • Wall to Wall Carpeting

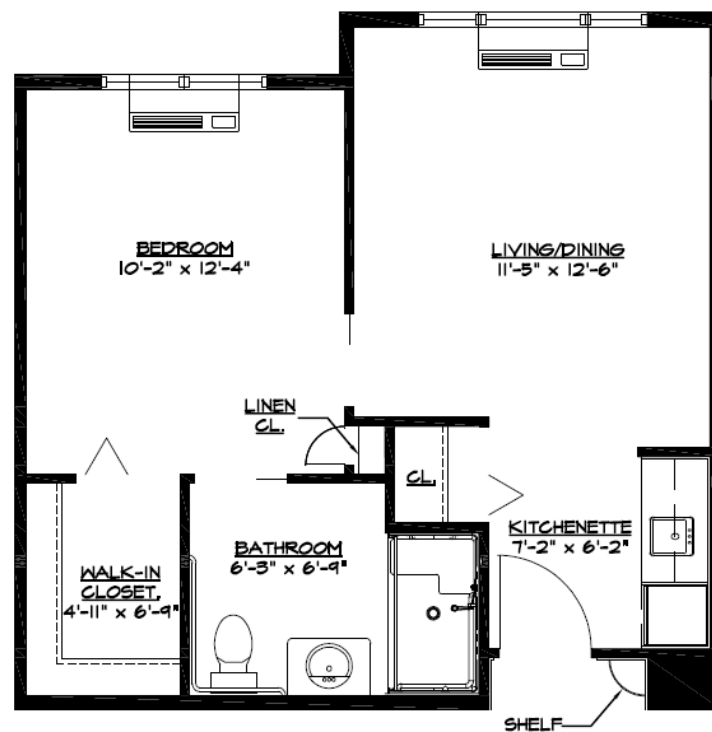
Three Restaurant Style Meals a Day • Culinary Trained Head Chef

Housekeeping and Laundry Service • Licensed Nurses and Certified Caregivers

Medication Management • 24 Hour Assistance • Access to Heated Indoor Pool

Campus-wide 24 hour Safety Staff • Fireplaces in Common Areas

Individual Controlled Heating and Air Conditioning



*Floor Plan for 1 Bedroom Apartment*



## The Terraces at Brookmeade Assisted Living

### Personal Care Service & Assistance

We understand that each resident has unique needs and preferences that greatly impact the quality of life. Our desire is to enhance it! As such, we meet with our residents and their family members (prior to move-in) to conduct an assessment to ensure service needs are identified.

Upon completion of the assessment, a personalized service plan will be developed to ensure the optimal quality of life is attained for our residents.

The assessment results in determining a specific service package based on the amount of assistance needed, while encouraging independence and freedom of choice.

The personalized plan is carefully monitored and adjusted as needs change and fees are subject to change.

### Service Package - \$8,192/month

(Included for Everyone in their Monthly Service Fee)

Our service-oriented associates provide compassionate care to assist our residents in experiencing the fullness of life. A resident care assistant will provide friendly verbal reminders for activities of daily living such as bathing, dressing, grooming, meals, and activities.

- Three meals daily plus snacks
- Maintenance & Safety
- Emergency call system
- Access to a State certified resident care assistant 24 hours per day
- General supervision of health
- Medication procurement, set up, and reminders
- Reports to family as needed
- Weekly housekeeping and flat linen services
- Consultation with staff regarding social and health related issues
- Access to health and wellness programs
- Liaison services to enhance the communication with your primary doctor and specialists
- Occasional individualized attention to practical, emotional, and personal needs
- 24 hour family access to a staff phone number
- Activities and scheduled trips and events
- All utilities except cable and telephone
- Arranged transportation to and from medical and dental appointments
- Access to professional health consultants
- Scheduled and Individual transportation services
- Access to a registered dietician
- Vital signs and weight checked periodically

### Supplementary Services: Additional Fee

- Beauty shop / Barber shop
- Additional housekeeping
- Additional maintenance services
- Guest meals
- Additional laundry services
- Resident catering services
- Additional transportation services