

Please Tell Us Your Story

Please provide us with a one-page story about your loved one. This will be helpful for our team members and residents to get to know them and have a conversation. Please send your story to Michelle Olafson at molafson@franketobeyjones.com. We will put it in a nice format for printing. Here are some questions to help you get started.



- ⇒ Tell us about your life.
- ⇒ Tell us about your family.
- ⇒ What are you most proud of?
- ⇒ Who do you feel influenced you the most in your life and why?
- ⇒ What time in your life do you most cherish?
- ⇒ What is your favorite childhood memory?
- ⇒ What is your favorite comfort food?
- ⇒ What was your favorite subject in school?
- ⇒ What does a perfect day look like to you?
- ⇒ Where was your favorite place to travel?
- ⇒ Tell us something most people don't know about you?
- ⇒ What is your biggest fear?
- ⇒ What kind of music do you love?
- ⇒ What was your first job, last job, favorite job, worst job?
- ⇒ What is your favorite book, movie, music?
- ⇒ What are your hobbies and/or interests?
- ⇒ What is your favorite season and/or holiday?
- ⇒ What would you like people to remember you for?
- ⇒ How do you define success?



Admission Process for Assisted Living and Memory Care

What happens when you or your loved one needs more care?





What Is The Difference Between Assisted Living and Memory Care?

Assisted Living is a type of senior housing that provides assistance with activities of daily living (ADLs), such as bathing, dressing and medication management while also promoting independence and social engagement. Assisted living communities are typically designed for seniors who need some help with their ADLs but do not require the level of care provided by a skilled nursing facility. FTJ offers medication management, bathing, dressing, escorting to and from meals, personal laundry, transportation to medical appointments, stores and activities.

Memory Care is a specialized type of assisted living that provides care for seniors with dementia such as Alzheimer's disease. Memory care communities are designed to create a safe and supportive environment for residents with cognitive impairments. Staff in memory care communities are specially trained to understand and respond to the unique needs of people with dementia. Memory Care provides guided days so the resident doesn't have to worry about what to do next.

Both Assisted Living and Memory Care are licensed by the State of Washington.

You can use this informational brochure as a checklist as well.

What is the Process to Move In?

- Established Primary Care Physician (PCP).** This is a number one priority. Make sure you have an established PCP and have seen them in the last 12 months. **If you are moving from out of state, you still need a local PCP which you have seen in the last 12 months.**
- Submit an application** which includes authorization to release medical records to FTJ. The application gives FTJ the authority to receive records.
- Current medical records** from your **Primary Care Physician.** These records must include current History and Physical (H & P). You must have a local PCP, not a specialist, and records **must show a visit within the last 12 months.**
- Medication List.** We need a current signed medication list from your PCP and can only give medications listed on this signed form. If you've had an acute episode, your medications may have changed. In this case, we need a doctor to sign off that the medication list is current and correct.

- If you are assessed to take your own medications in Assisted Living, you are responsible for ordering them through your own pharmacy and have them delivered. If you supply your own medications, they must be sealed from the pharmacy.

- Health Assessment.** Once we have the medical records from your PCP, our Director of Nursing must do an in-person assessment. This assessment must be done Monday—Friday, and it can only be done *once we have your medical records at FTJ.* The Level of Care will also be determined at this appointment with input from the resident and/or family.
- Pick an apartment** (Assisted Living) or suite (Memory Care).
- Prepare for and schedule the move.** Start packing your loved one's belongings and updating their address and contact information. If your loved one already lives at FTJ, we will schedule your move. If you are moving from outside the community to FTJ, you will need to schedule the move. Please plan your move for Monday—Friday and we can help you with resources to do this as well as resources if you need help downsizing, donating, etc. Assisted Living apartments and Memory Care suites are empty so that you can bring familiar furnishings and pictures to decorate. Do not bring valuables or cash.
- Sign a contract or Resident Agreement** which will outline the services that will be provided and the cost of care. You will be provided with a Resident Handbook.
- Move in.** On move-in day, you will help your loved one to settle into their new home. You may also want to unpack their belongings and decorate their room with familiar items. FTJ will meet with the resident upon admission for another assessment.



Some Tips For A Smoother Transition

Involve your loved one in the decision making process. Be honest about the move.

Reassure your loved one that you will visit them often, and ask family members to send them cards and letters.

Bring familiar items to their new space to help your loved one feel more comfortable.

Label clothing with the residents name on the label with a permanent marker.

Be patient and understanding during the transition. It may take some time for your loved one to adjust to their new surroundings. The average adjustment time is six to eight weeks.

Resident's story. We would love for you to write a one page story about your loved one which will help our team members and other residents get to know your loved one. We have some questions to help you in this process on the back of this brochure.

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