

# A continuum of care.

Living well  
with personalized  
support.



**St. Paul's Towers**  
A FRONT PORCH COMMUNITY



# The support you need, *when* *you need it.*

As a Front Porch Life Plan Community, St. Paul's Towers offers multiple levels of care to give you and your family the peace of mind that comes with knowing that your future needs will be met. And for couples with differing needs, we can accommodate both of you on the same campus. It's part of our commitment to support healthy aging for everyone.

# Assisted Living

Residents at St. Paul's Towers can transition to assisted living services, as needed. Assisted living provides personal care for activities of daily living (ADL), based on an individual assessment. This includes help with eating, bathing, dressing, walking and/or medication management. In addition to regularly scheduled activities, our staff is on call 24 hours a day to respond to your needs, with a nurse manager directing and coordinating your personalized services.

You can receive many assisted living services in your apartment, based on your individualized plan. Our assisted living apartments offer more comprehensive support.

Please note that the additional costs of assisted living services may be covered by long-term care insurance, but do not fall under medical insurance or Medicare.

## **ASSISTED LIVING SERVICES:**

- Light housekeeping and laundry
- Assistance with eating, bathing and dressing
- Support for walks or general mobility
- Three chef-prepared meals served daily in the dining room
- Structured routines and tailored activities
- Medication reminders or management
- Incontinence care
- Personalized plan to meet your needs
- Emergency response 24/7
- Care coordination with your physician

# Memory Care in Maggie's Place

For those experiencing dementia or memory impairment, we offer round-the-clock care and dignified personal support to help them stay healthy, engaged and protected. We value individualism and strive to help every resident maintain the best quality of life possible.

Maggie's Place at St. Paul's Towers is an intimate environment designed to feel like a household, reinforcing routine and familiarity to reduce stress. Overseen by a licensed nurse, our memory care staff is specially trained in proven best practices, including person-centered care, and works under the Residential Care for Elderly (RCFE) program with licensed nurse support. Studio and companion apartments are designed for safety and comfort, with open floor plans and special features that help residents navigate their personal spaces. Occupancy is limited to ensure we are able to give each person the attention and care they deserve.

We get to know each resident and design daily activities and routines around their unique personality and needs, providing assistance with activities of daily living (ADL) as needed and engaging them in a way that's personally meaningful. We support resident's autonomy and dignity by encouraging them to do what they are able for themselves and by offering choices when possible. While honoring residents' individual preferences, we work closely with spouses, partners and family members to build strong, collaborative relationships.

Please note that the additional costs of memory care services may be covered by long-term care insurance, but do not fall under medical insurance or Medicare.

## **MEMORY CARE SERVICES INCLUDE:**

- Secure environment
- Light housekeeping daily and laundry weekly
- Safety checks, wake up service and activity reminders
- Supervised walks on campus and accompanied outings
- Structured routines and spontaneous activities
- Three chef-prepared meals served daily in the dining room
- Art classes, exercise programs, gardening and clubs
- Person-centered care to promote meaning and purpose
- Emergency response 24/7
- Care coordination with residents' physicians

# Rehabilitation and Skilled Nursing Care

The Health Center at St. Paul's Towers is your on-site resource for therapeutic care in the event of a medical issue, injury or other need. Our dedicated staff of professional nurses and therapists provides 24-hour supportive care for short-term stays, plus rehabilitation under the supervision of our medical director, to help you regain and maintain function, health and mobility. We also offer long-term care and support for chronic conditions, and hospice care.

Both our staff and our experienced caregiving partners understand quality care and your personal needs. We work closely with your physician or can connect you with an on-site physician to oversee your care. We are rated by the Centers for Medicare & Medicaid Services (CMS). Support services include:

## **POST-ACUTE CARE**

Round-the-clock care following a stay in the hospital or other medical event. This includes rehabilitative therapies, pain management, medication adjustment, wound care and restorative nursing.

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## **PHYSICAL THERAPY**

Expert guidance in exercises and activities to help regain mobility and function by improving strength, balance, muscle control and range of motion.

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## **OCCUPATIONAL THERAPY**

Help to increase strength and balance or improve fine motor coordination, as well as support in adjusting day-to-day tasks for greater independence and success after your return home.

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## **SPEECH-LANGUAGE THERAPY**

Therapists specialize in oral and written language for improved communications, as well as conditions affecting the ability to swallow.

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## **RESTORATIVE CARE**

Assistance in maintaining rehabilitative progress, provided by certified nursing assistants (CNAs), with a focus on endurance, mobility and movement.

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## **HOSPICE CARE**

We partner with experienced organizations that provide comfort and compassionate care that supports residents' end of life medical, emotional and spiritual needs and choices.

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## HEALTH CENTER SERVICES:

- Fully licensed, experienced nurses and certified aides
- Physical, occupational and speech therapies (including outpatient therapy)
- Assistance with eating, bathing and dressing
- Support for walks or general mobility
- Medication reminders or management
- Social services and counseling
- Spiritual support
- Activities programs
- Customized activities for special needs
- Discharge planning
- Hospice care and services
- End-of-life program

## Insurance and Access

Most rehabilitative therapy is covered under Medicare Part A and Part B, and we also work with most private insurance companies. Residents are responsible for deductibles and co-pays. Some insurers require regular physician visits every 30 days while receiving therapy.

If you qualify under Medicare Part A, your therapy will be 100% covered for the first 20 days. Under Part B benefits, your therapist will send a statement to your insurer and Medicare will reimburse the Health Center at St. Paul's Towers directly for a set amount. Be sure to read any statements you receive from your insurer carefully, as not all statements are bills. For stays without a qualifying Medicare event or if you surpass your Medicare coverage days, we will work with you to arrange private payment.

If you have any questions about your insurance or therapeutic needs, please do not hesitate to contact us. We're here to help.

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To learn more about the range of care options available here at St. Paul's Towers, call 510.891.8542.

St. Paul's Towers is a Life Plan Community that is part of Front Porch, a dynamic not-for-profit family of communities and services dedicated to empowering individuals to live connected and fulfilled lives.

