



A continuum of care.

Living well with
personalized support.



Friends House
A FRONT PORCH COMMUNITY



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

Friends House is a Front Porch Life Plan Community that offers options for care beyond residential living to give you and your family the ability to choose how we can meet future health care needs. We work to be supportive of you, responsive to your care plan and provide choices so that you live in a setting that is comfortable. It's part of our commitment to support successful aging for everyone.

Truly Yours - Assisted Living and Personal Services

Residents at Friends House can choose to receive additional services personalized to your care needs in your apartment through our Truly Yours services, or can opt to move to Friends House Assisted Living. For couples with differing needs, we can accommodate both of you on the Friends House campus. Either option provides services that support activities of daily living (ADLs), based on an individual assessment and functional evaluation. This includes help with eating, bathing, dressing, walking and/or medication management. In addition to regularly scheduled care activities, our staff is on call 24 hours a day to respond to your needs, with a Wellness Nurse directing and coordinating your personalized services.

Please note that the additional costs of Truly Yours services or care in Friends House Assisted Living may be covered by long term care insurance if you carry such a policy, but do not fall under medical insurance or Medicare. These costs are your responsibility in addition to your monthly fee if you receive services in your apartment. If you choose to move to the Assisted Living, you agree to pay the applicable fees.

To learn more about the range of care options and how we can meet your specific needs, call 707.573.4508.

TRULY YOURS PERSONAL SERVICES IN YOUR FRIENDS HOUSE APARTMENT:

- Light housekeeping and laundry
- Assistance with eating, bathing, dressing and grooming
- Support for walks or general mobility
- Structured routines and tailored activities
- Medication reminders or management
- Diabetic monitoring
- Incontinence care
- Meal delivery or assistance with meal preparation
- Skin and wound care
- Transferring assistance
- Emergency response 24/7
- Care coordination with your physician
- Pet care, plant care



Specialized Assisted Living

At Friends House, our Assisted Living neighborhood is made up of studio apartments in our main building, making it easy for residents to participate in our life enrichment program and stay connected to the community. We have designed our assisted living services to accommodate people with a variety of needs, from those looking for stability, care and supervision to those whose needs are greater than care available in a traditional assisted living setting yet would rather not receive care in skilled nursing. We support you through an individualized service plan that recognizes your specific needs. These services can range from assistance with bathing, grooming, dressing, medication and escorts to supporting complex conditions in a setting that allows for privacy, social interaction, personal belongings and furniture.

As part of a vibrant campus, your care is provided by our team of compassionate and highly trained caregivers available around the clock, maintaining regular communication with your primary physician and providing hands-on support with all care needs specific to you. You can be assured of important services such as the delivery of medications and regular, friendly wellness checks throughout each day for your safety and well-being. Programs, scheduled events, social meals and visits provide the opportunity for interesting conversation, friendship and pursuit of important interests.

In addition, at Friends House, our specialized assisted living neighborhood is part of our larger campus that is focused on personal growth and social engagement. Friends House Assisted Living residents benefit from the fellowship and options for participation beyond the care setting. Family and friends are welcome to visit and take an active role in your well-being. Our goal is for people to enhance their lives, feel confident in their care and allow their personality to shine through while receiving outstanding health care and services.

FRIENDS HOUSE ASSISTED LIVING SERVICES:

- Level 1 includes an average of 10 hours of health and nursing services weekly
- Level 2 includes an average of 16 hours of health and nursing services weekly
- Level 3 includes more than 16 hours of health and nursing services weekly
- 24 hour staff
- Assistance with eating, bathing and dressing
- Support for walks or general mobility
- Structured routines and tailored activities
- Medication management
- Incontinence, working with a resident to manage use of incontinence care products successfully, with staff providing scheduled toileting and reminders to use the restroom at regular intervals
- Transferring - assistance moving from bed to chair for example
- Regular observation and assessment of health status to identify and respond to care and service needs

Additionally, Friends House Assisted Living will provide care for these specialized conditions upon approval of an individual waiver from the licensing agency.

SPECIALIZED CONDITION CARE SERVICES:

- Catheter care
- Colostomy/ileostomy
- Contractures
- Diabetes oversight and monitoring as long as the resident has the ability to self-manage injections and testing
- Enemas
- Injections
- CPAP, assisting a resident with self-management and oversight
- Stage 1 and 2 pressure ulcers
- Wound care

Friends House will work to retain residents safely in their chosen location to avoid unnecessary moves and upheaval. As a licensed Residential Care Facility for the Elderly (RCFE) a transfer may be necessary if specific conditions exist and our ability to gain a waiver from the licensing agency is exhausted.



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friendshouse.org
707.573.4508

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To learn more about the range of care options available at Friends House call 707.573.4508.

Friends House 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.

