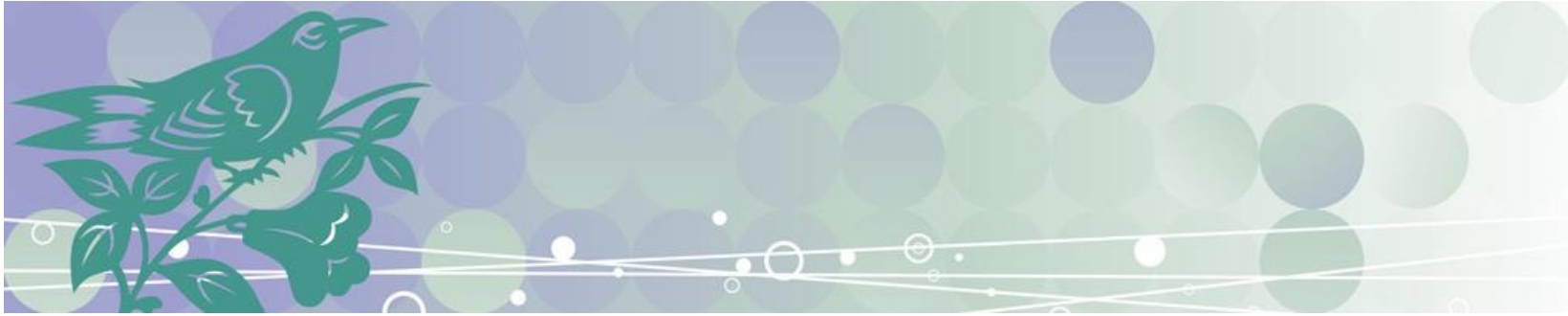


ASSISTED LIVING FACILITIES



Generally, people make housing decisions when it becomes apparent that a loved one needs assistance with basic activities of daily living, sometimes referred to as ADLs by healthcare professionals. ADLs include bathing, grooming, dressing, feeding, homemaking etc. They are the things we normally do in our day-to-day existence. When it becomes apparent that one or more of those ADLs is compromised, Assisted Living facilities offer individuals and families a place with many of the same characteristics of independent living with some assistance to perform those daily tasks. Most Assisted Living facilities provide laundry, housekeeping and meals. It's much like living in a hotel except personal items decorate your space and you know all your neighbors. Also like a hotel, residents are offered social activities such as trips, classes, exercise programs, libraries, gaming areas and chapel. Some offer spas, bistros, hair salons and even ice cream shops.

For individuals considering moving to an assisted living facility, there are some important questions to keep in mind before moving. We've tried to answer some of those questions with the directory below. Questions you might want to ask before a move include:

- **Does the facility offer more care options later on if the resident experiences additional decline?** Some places offer continuum care options that may or may not require the resident to eventually move depending on level of care.
- **Is the facility close to friends, church, shopping, and medical facilities?**
- **What's included in the basic price?** What other services do they provide and at what cost?
- **What programs do they offer?**
- **What are the dining options?** Can you try out a meal at the facility? Are meals available when the potential resident is usually hungry? Does the dining facility feel friendly or cliquish?
- **What's their record of care like?** Washington state has legally recognized the elderly as vulnerable adults and as a result has built additional protections into required treatment at assisted living facilities. Contact the Department of Social and Health Services (DSHS).

Assisted living facilities

| | Alzheimer's Care | 24-hr staffing | RN/LPN on staff | Injection Care | Respite Care | Pets | Adult Day Care | Price Range | Meals | Features |
|--|------------------|----------------|-----------------|----------------|--------------|----------|----------------|---------------------|----------|--|
| Cascade Park Vista 242 St. Helens Ave. Tacoma, WA 98402 (253) 627-3833 Contact: Peter Adams | N | Y | Y | Y | Y | N | Y | \$1,650 and up | 3 | Shared or private, 1 bdrm apartments available. Wheelchair access/Medicaid accepted. Historic Stadium District location. Personal care assistance tailored to the individual. www.cascadecares.com |
| Cascade Park Gardens 4347 S. Union Ave. Tacoma, WA 98409 (253) 475-3702 Contact: Kristina Singh | Y | Y | Y | Y | Y | N | Y | \$2,795 and up | 3 | Secure memory care community. Nursing services, personalized care, Medicaid accepted. Transportation to/from doctor. Beauty shop available. Creative activity and social programs. |
| Life Manor Retirement 1609 S. Union Tacoma, WA 98405 (253) 779-3800 Contact: April Mason | N | Y | Y | Y | N | Y | N | \$2,025- \$3,400 | 3 | Faith-based community. Close to hospitals, doctors, and retail services. Planned activities, housekeeping. Great food and wonderful atmosphere. www.lifemanor.com |

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| Frank Tobey Jones 5340 N. Bristol Tacoma, WA 98407 (253) 752-6621 Contact: Michelle Matz | Y | Y | Y | Y | Y | Y | Y | \$2,595 and up plus level of care | 3 | 20-acre continuing care retirement community adjacent to Point Defiance Park. Assisted living, dementia and skilled nursing. Fitness/wellness center, Senior University, transportation, water views available month-to-month billing. www.franktobeyjones.com |
| Harbor Place at Cottesmore 1016 29th St. NW. Gig Harbor, WA 98335 (253) 853-3354 Contact: Sue Wilhelm | N | Y | Y | Y | Y | Y | N | \$3,000 and up plus level of care | 3 | Gig Harbor's only Continuing Care Retirement Community. 24/7 wellness staff, housekeeping, indoor pool, hot tub, fitness centers, beauty salon, spa, activities, transportation and more. Monthly lease with no buy-in. |
| Hearthside Manor 3615 Drexler Dr. University Place, WA 98466 (253) 460-3330 Marcus Shields | Y | Y | Y | Y | Y | Y | N | \$4,150-\$6,215 | 3 | Home-like environment. Centrally located in University Place. Secure, park-like wandering area. Home-style dining/tranquil surroundings. All private rooms. |

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| Patriots Landing 1600 Marshall Circle #100 DuPont, WA 98327 (253) 964-4900 Contact: Susan Fine | Y | Y | Y | Y | Y | Y | N | \$1,850- \$5,875 | 1 to 3 | Spacious and attractive apartment and cottage-style living, with options for assisted-living and secured memory care. Apartments range from studios to 2b, with a variety of floor plans. On-site fitness director, activities, shuttle service to JBLM, personal transportation, pool/sauna/hot tub, billiards, putting. |
| Mill Ridge Village Retirement 607 28th Ave. Milton, WA 98354 (253) 925-9200 Contact: Jennifer Reich | N | Y | Y | N | Y | Y | N | \$2,475- \$3,450 | 3 | Choice dining/Secure environment. Weekly housekeeping/Planned activities/transportation. Beautiful landscaped courtyards. Walking distance to shopping & medical facilities. "Bring Retirement to Life" |
| Stafford Suites 15519 62 nd St. Ct. E Sumner, WA 98390 (253) 862-1818 Contact: Laura Fehrenbacher | N | Y | Y | N | Y | Y | N | \$2,297- \$4,176 | 3 | Mt. Rainier views. Fine restaurant dining all day. Personal care assistance available. Fun social programs for everyone. Staff who love what they do/24 hours a day. Close to shopping, doctors, and Sumner Senior Center. |

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| <p>Olympic Alzheimer's Residence 3025 14th Ave NW. Gig Harbor, WA 98335 (253) 851-5306 Contact: Kathy Wells</p> | Y | Y | Y | N | Y | Y | Y | \$4,100 and up | 3 | <p>Chalet-style living in a quiet neighborhood. Secure walking areas with raised gardens. Expressions Memory Care program includes daily activities. Specialized dementia trained staff in "Best Friends" approach. Three neighborhoods make everyone feel like being at home. Beautiful chapel.</p> <p>Close to Highway 16, Narrows Bridge and I-5, medical centers.</p> |
| <p>The Weatherly Inn 6016 N. Highlands Parkway Tacoma, WA 98406 (253) 752-8550 Contact: Nicky Day</p> | Y | Y | Y | Y | Y | Y | Y | Call for pricing | 3 | <p>Homelike environment in a cozy atmosphere. Beautiful North End neighborhood.</p> <p>Customized care plans/RN or LPN on-site 24 hours. Medical transportation Monday-Thursday. Life-enriching activities/trips and tour opportunities.</p> |

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| The Village Retirement & Assisted Living Community 4707 S. Orchard Tacoma, WA 98466 (253)475-4707 Contact: Lisa Valdes | N | Y | Y | Y | Y | Y | N | \$1,995- \$2,895 | 1 to 3 | A Veteran's First Senior Living Community. Open, home-like environment. Many different floor plans and price points available. Individualized care planning & services for each resident. Life enrichment/activities available daily. Small pets allowed. |
| Tacoma Lutheran Retirement Community 1301 N. Highlands Parkway Tacoma, WA 98406 (253) 752-7112 Contact: Kristine Grant | Y | Y | Y | Y | N | N | N | \$3,580 - \$5,300 | 3 | Personal care/all meals/mountain view apartments. Wellness, exercise classes, housekeeping & laundry. Game room, large-screen TV, on-site deli. Day & overnight trips & tours/transportation to doctors. Reserved parking, near bus line. 30-acre campus. Beauty, barber shop and gift shop. |

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