



















Assisted Living Apartments

Care and comfort at a reasonable cost are defining features of assisted living at Springvale Terrace. Our services, programs and apartments are designed to meet the needs of people who require assistance with daily living activities, from bathing, dressing, and medication management to assistance with meals, transferring and toileting. Beyond that, it's about personal touches, interactions with staff, and social opportunities that make our residents feel happy and important.

We offer Level I, Level II and Level III services in our licensed community, so that additional help is available should health needs increase. Our residents never have to worry about housekeeping, maintenance, meal preparation, towel and linen service or basic utilities (heat, a/c, hot water) because these services are included in every care level.

Monthly Fees For A Private Studio

Care Level I	Care Level II	Care Level III
\$3,901	\$4,500	\$5,206

How Do I Know Which Level Of Care Is Appropriate?

A resident's Level of Care needed is determined using a synthesis of assessment tools, among them the Health Care Practitioner Form from the physician, the Assisted Living Manager's Assessment, and the Level of Care Scoring tool created by the Office of Health Care Quality.

What Else Does Springvale Terrace Offer?

Assisted Living residences are located in a dedicated, licensed enclave at Springvale Terrace, which is a community featuring numerous communal amenities also shared by independent residential living, personal care and enhanced personal care. While most overall community spaces are available for assisted living residents to use and enjoy, assisted living residents benefit from their own special activities. For more information about common spaces at Springvale Terrace, please refer to the Community Features and Amenities page.

- Tray service is available for a medically-approved reason.
- The resident is responsible for telephone, cable TV, and Internet. Fees are subject to change until execution of a lease prior to occupancy.
- A refundable security deposit equal to one month's fee is due at signing.





What Is Included In Each Care Level?

	Care Level I	Care Level II	Care Level III
Licensed Nurses available for consultation	√	✓	√
Certifed Nursing Assistant on duty 24 hours a day	√	√	√
Wellness program	✓	✓	✓
Reminders and/or physical assistance to residents who can self-administer medication or medication administration service of routine oral medicaions	√	Also includes inhalers, nebulizers, eyedrops, monthly injectables	Also includes inhalers, nebulizers, eyedrops, monthly injectables
Medication review by consulting pharmacist	Quarterly	Quarterly	Quarterly
Care Plan review/family meeting	Every 6 months*	Every 6 months*	Every 6 months*
Assistance with bathing	Stand-by assist with reminder	3x week	4x week
Personal hygiene/grooming	Stand-by assist with reminder	Set-up	Physical assist
Assistance with dressing/undressing	Physical assist	Physical assist	Physical assist
Escort assistance to/from dining room and activities	✓	✓	✓
Assistance with transferring and mobility	One-person assist	One-person assist	Two-person assist
Blood sugar monitoring and testing by staff as needed	√	✓	✓
Assistance with oxygen supplies and equipment		✓	✓
Physical assistance with continence		✓	✓
Monitoring of meal attendance	✓	✓	✓
Three nutritious meals per day (breakfast, lunch & dinner)	✓	✓	✓
Assistance with meal setup, verbal cueing, prompting			✓
Registered Dietitian available for consultation	✓	✓	✓
Basic utilities (heat, air conditioning, hot water)	✓	✓	✓
Housekeeping	2x week	2x week	2x week
Trash pick-up	Daily	Daily	Daily
Laundering of bed and bath linens	Weekly	Up to 2x week	Up to 3x week
Personal laundry	✓	✓	2x week
Simple bed-making	✓	✓	✓
Social, recreational and cultural activites	✓	✓	\checkmark

^{*}Care plans are revised sooner than six months if a significant change occurs.





Community Features and Amenities

- Springvale Terrace is a not-for-profit community
- Community team member on duty 24 hours a day
- Service Coordinator and activities staff
- Social, recreational, and religious activities for Life Enrichment
- Springvale Terrace scheduled local minibus transportation
- On-site rehabilitation services such as physical, occupational and speech therapies (use of these services is an additional fee)
- Beauty and Barber Shop (individual services are at an additional fee)
- Restaurant-style dining in community dining room
- Private dining room for parties
- Centrally-located, individual mailboxes
- Elevators
- Television and piano lounge
- Assembly hall
- Self-service, coin operated laundry rooms
- Outdoor courtyards, patios and breezeways
- Library with computer and Internet access
- Puzzle and game areas
- Numerous comfortable sitting areas offering ample opportunities for socializing
- Landscaped grounds
- Located in established residential neighborhood within a half mile of restaurants, shopping, pharmacies, libraries, churches, theaters, and public transportation.
- Great downtown location in a homey, residential area on a Silver Spring Metro Stop (Red Line). The Purple Line is coming on the adjacent street.
- One pet is permitted in residential living, for an additional fee. Approval of a pet in the assisted living area is based on the resident's ability to care for the pet.

In-Reach Community Services

- Pastoral care and worship services
- Lifelong learning classes offered on-site through Montgomery College



Downtown Silver Spring is within walking distance of Springvale Terrace





Assisted Living Studio Apartment



All apartments feature:

- · Zero threshold showers with handrails
- Grab bars
- Kitchenette with sink, refrigerator
- Emergency pendant
- Vanity sink accessible from a wheelchair
- Low pile carpet or smooth-surface flooring for ease of walking or rolling
- Wide doorways for accessibility













