



*The Way It's Meant To Be*

## Brookside Philosophy

Brookside provides an alternative to nursing homes, personal care homes, and assisted living facilities. Home cooked meals, deep friendships, and a family atmosphere is what turns these houses into homes. **The Way It's Meant to Be.**

Brookside has created a place where Elders can live a full life regardless of their health conditions. Our Elders thrive in homes and neighborhoods where they are not defined by their medical condition, rather by who they are as people.

### **Brookside - A case study:**

*A long time in-home client of Comfort Care was admitted to the hospital due to a Urinary Tract Infection. From this point, Joanne went through the traditional progression of hospital, to rehab at a nursing home. Here Joanne's illness (Dementia and Fall Risk) came to dictate how her day would be lived. She was not allowed to walk because of her "being a fall risk" and she became a "two person transfer". Over the course of 6 months Joanne became dependent and scared as her muscles weakened, believing she was incapable of walking also.*

*By the time Joanne moved to Brookside medical staff believed that it would be quite an accomplishment for her to bear weight on one leg to transfer, and hospice was being considered.*

*Within one month of moving into Brookside, and without any grand announcement or notice, Joanne decided to get up from the dinner table, take her walker, and walk back to her bedroom to use the bathroom. She returned to the dinner table without comment and picked up on the conversation as if nothing special had happened.*

*Not only was the family astonished, but the Caregivers and Nurses were also. This is the power of a place where Elders are defined by who they are, not what disability they have. This is *The Way It's Meant To Be!**



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## What Others Say:

*"I know I've said this before, but we will always be grateful that you were there for our family. Knowing that Dad was safe, in a peaceful home where he was not only cared for, but cared about. We hope that Brookside Homes will continue to grow and bring comfort to many in the years to come."*

**~ Donna Martin**

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*"I know my mother is receiving the best possible care in a home environment, and not an institution."*

**~ Patricia Lee**

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*"I never dreamed that somebody like you would step in and do what you did to help us. We appreciate Brookside's commitment to excellence in providing quality care for the Elderly."*

**~ Paula Carnes**



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## Nursing Home Alternative

**Q: What is the difference in providers in terms of resident/caregiver interaction?**

**Brookside:** *Brookside maintains a minimum of 1 to 3 Caregiver to Elder ratio and nearly 100% retention. Because of this Elders and Caregivers are able to form consistent and strong bonds.*

**Nursing Home:** *In an institution the caregiver to resident ratio ranges from 1:12 to 1:20 depending on "call offs". Also, turnover is a consistent problem in nursing homes. As a result, the resident is unable to form bonds with caregivers that are seldom seen and often different.*

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**Q: What amount of personal, hands-on care can be expected for each Elder?**

**Brookside:** *8.89 hours of care per day*

**Nursing Home:** *2.47 hours of care per day*

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**Q: Does the Elder have access to the full range of health care services that may be needed in long term care?**

**Brookside:** *Yes. All Elders living at Brookside would otherwise be in a skilled nursing facility.*

**Nursing Home:** *Yes, depending on the level of care required by the resident.*

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**Q: Are private units available?**

**Brookside:** *Brookside does not have “units”. All bedrooms are private, there are no semi-private or shared rooms.*

**Nursing Home:** *Private unit availability varies, and often can not be guaranteed for extended periods.*

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**Q: Are there Nurses on staff?**

**Brookside:** *Yes.*

**Nursing Home:** *Yes.*

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**Q: Is there a set schedule for when the individual must wake up or go to sleep?**

**Brookside:** *At Brookside, a personal schedule is followed for each Elder. It is based on what is 'normal' for that individual. The Caregivers know the Elder well enough to know when something is out of the ordinary. The home conforms to the Elder, not the other way around.*

**Nursing Home:** *Due to the high number of residents, nursing homes tend to follow an institutional schedule with little variation.*

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**Q: Are residents involved in menu planning? Can residents help with meal preparation and have access to the kitchen?**

**Brookside:** *Each individual can have as much or as little input as they would like. Meals are home cooked by the caregivers and thus the Elders are involved in meal preparation and planning.*

**Nursing Home:** *Typically the food is of a standardized nature and there is very little choice of what to eat and when.*

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**Q: Are there special diets available to the residents? (ex. renal diet, diabetic diet, vegetarian diet, etc.)**

**Brookside:** *Yes. Due to the Caregiver to Elder ratio, we are able to accommodate whatever special diet the resident may have.*

**Nursing Home:** *Yes. However, these dinners are mass produced and served not according to personal preference but to convenience and cost effectiveness.*

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**Q: Does the facility allow residents to bring their own furniture?**

**Brookside:** *We encourage individuals to bring whatever possessions are important to them, even pets.*

**Nursing Home:** *Some individual belongings can be kept in the room, as well as a storage area.*

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**Q: Are residents encouraged to participate in certain activities?**

**Brookside:** *In addition to scheduled activities, Caregivers encourage choices that provide the spontaneity and variety that make life worth living. These often come in the form of spontaneous and unplanned events, such as Bocce of the front lawn or sharing a cherished family recipe.*

**Nursing Home:** *Group activities are scheduled daily and residents are encouraged to participate.*

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**Q: Does the floor plan allow for easy mobility? Are bathrooms accessible to residents using wheelchairs and walkers?**

**Brookside:** *Brookside was designed from the ground up to be an ideal alternative to nursing homes and personal care homes. All areas of the home are handicapped accessible.*

**Nursing Home:** *Most nursing homes are designed to be handicapped accessible.*

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**Q: Are housekeeping and laundry services available? How often?**

**Brookside:** *Housekeeping and laundry services are a part of maintaining the Elder's home. This is provided by the caregiver on duty as often as necessary (at least once daily), and the Elder is included in these activities when possible.*

**Nursing Home:** *Facility housekeeping and laundry is provided, per facility schedule. Mass laundry services require personal clothing items to be "tagged" with resident's name.*

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### **Q: Are there extra fees for certain services?**

**Brookside:** *No. The only time that the resident might incur additional costs are if the individual requires dedicated one-on-one care.*

**Nursing Home:** Depending on the facility, there can be different fees for varying levels of service, amenities, etc.

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### **Q: Security?**

**Brookside:** *The Neighborhood within Neighborhood design allows each home to provide support and security in case of an emergency. Additionally because of the small home it easy to monitor and react to anything out of the ordinary.*

**Nursing Home:** *Few nursing homes have dedicated security staff. In practice it is very difficult to keep institutional settings completely secure, due to the size and the amount of visitors.*

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### **Q: What is the monthly cost for Brookside?**

**Brookside:** *Despite the higher quality of care and environment, Brookside is equivalent or less than most nursing homes.*

**Nursing Home:** *A typically nursing home will cost between \$6,500 and \$8,000 per month.*