

## **Senior Living Resources 2023**

### **Saint Thomas the Apostle**

The following resources are provided at the request of St. Thomas the Apostle families seeking the basic location and contact information of Senior Living Resources.

St. Thomas the Apostle Pastoral Care/Parish Nurse Office do not endorse, recommend, or guarantee the performance of agencies, individuals or the safety and care at the facilities listed; nor are the St. Thomas the Apostle Pastoral Care/Parish Nurse Offices responsible for any damages or expenses arising from the selection of an agency, facility or individual. Please understand that the selection of a senior resource, is a personal responsibility, and is of such importance that it should be made only after personal investigation into the abilities, skills and experience of the provider, quality of care and safety at the residential facilities.

- The Parish Nurse will help you navigate the enclosed information at your request.

Jan 2023

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### General Websites for Seniors

- Northeastern Illinois Area Agency on Aging
- Eldercare Locator
- Caregiver/Senior Directory

- Nursing Home Compare
- Medicare.gov
- Ageguide.org
- Dupagecounty.gov
- [Kerry@Seniorlivingexperts.com](mailto:Kerry@Seniorlivingexperts.com)
- [www.seniorlivingexperts.com](http://www.seniorlivingexperts.com)

## I **Independent Living**

### **Tabor Hills senior Living Campus**

[www.taborhills.com](http://www.taborhills.com) for all details

Independent Living Community (Coach/Patio Homes)

1327 Crystal Avenue

Naperville, IL 60563

630-778-6677 Main Contact

### **Supportive Living**

1439 McDowell Road

The supportive Living Community, an affordable assisted living model administered by the Department of Healthcare and Family Services, individuals 65 and over is located at 1439 McDowell Road, on the west end of Tabor Hills campus

Features include: rental monthly rental, studio, one and two bedroom units, three meals served daily, on site 24 hour emergency response, planned activities and outings, beauty/barber shop, exercise and fitness program, medication reminders, laundry facilities, housekeeping and maintenance, Medicaid certified

### **Monarch Landing Naperville**

[www.welcometo\\_monarchlanding.com](http://www.welcometo_monarchlanding.com)

2255 Monarch Drive

Naperville, IL 60563

630-465-5716

Senior Apartment Options, Retirement Community Life, Continuing Care Retirement, Active Retirement Home

Continuing Care Services include:

- Medication Management,
- Home Nursing,
- Personal assistance (dressing, bathing, letter writing)
- Insurance navigation (helping to manage Medicare and other INS needs)

### **Villa St Benedict**

[www.villastben.org](http://www.villastben.org)

1920 Maple Avenue

Lisle, IL 60532

630-725-7000

Faith based senior community offering independent and assisted living along with a specialized unit for memory care in a secure neighborhood setting. As a not-for-profit, Villa St Benedict Foundation provides services for residents who have outlived their funds insuring a life of care and concern.

## **Sunrise of Naperville North**

[www.SunriseseniorLiving.com](http://www.SunriseseniorLiving.com)

535 West Ogden Avenue

Naperville, IL 60563

630-305-9400

- Independent living for maintenance free living, to convenient amenities and more; everything is designed to provide peace of mind and help you spend your days exactly as you want
- Assisted Living -We provide the ideal solution for seniors who value their independence but need some help with daily activities, such as bathing and dressing.
- Memory Care -Our Reminiscence program provides a personalized environment designed to encourage life enrichment, based on love and dignity

## **StoryPoint Naperville**

[www.storypoint.com](http://www.storypoint.com)

504 N River Rd. Naperville IL 60563

630-446-6812

- Independent living for maintenance free living, to convenient amenities and more; everything is designed to provide peace of mind and help you spend your days exactly as you want.
- Enhanced living for those who are more comfortable in apartment setting and not ready to need care services.
- Assisting living
- Memory care and
- Respite care are also available.

### **Independence Village**

[www.indvillage.com](http://www.indvillage.com)

1030 Aurora Ave, Naperville, IL 60540

(630) 357-3922

- Independent Living; a perfect offering option for seniors who wish to enjoy an active, fulfilling life without the worries of home ownership
- Apartments -one bedroom and efficiency- Dining hall with daily menus, Daily Activities, in and out
- Carelinks Home Health; available to carve out health needs
- Cleaning services and laundry available
- Short Term Stays-Designed for stays of up to several months, these stays are perfect when family members are away on a vacation, a business trip or require a brief respite from caring for the senior in their life.

## **II Home Health Agencies**

### **Bright Star Healthcare**

[www.brightstarcare.com](http://www.brightstarcare.com)

1112 S Washington St

Naperville, IL 60540

630-778-2005

- Companionship care to high tech pediatric and quadriplegic care, I.e. receiving any services offered by a nursing facility without leaving home.
- Personal care, daily tasks, transportation, companionship etc.
- Licensed Caregivers when appropriate as RN,LPN ,CNA and fulltime Director of Nursing available 24/7
- Independently owned and operated
- Fully insured and bonded

## **Home Helpers of Plainfield, Naperville and Southeast Aurora**

[www.plainfieldhomecare.com](http://www.plainfieldhomecare.com) or corporate [www.homehelpers.cc](http://www.homehelpers.cc)

**13400 South Route 59 suite 116#178**

**Plainfield, IL 60585**

**815-685-4357**

- Companion care and Home Care Services companion care and Home Care Services. Transportation, personal care, meal preparation, light housekeeping, etc.
- Alzheimer, Parkinson's and Hospice care
- Flexible for hours per week to 24/7 care
- Independently owned and operated
- Free in home consultation

## **Always Best Care Senior Services-Naperville**

<https://www.alwaysbestcare.com>

630-526-4682

3060 Ogden Ave. suite 302

Lisle Illinois 60532

- Always best care helps with families with non-medical – Meal prep, housekeeping, and in home care and assisted living skilled home care for clients that suffer illness or injury

## **Accurate Home Care -- Accurate Care At Home Inc.**

<https://accuratehomecare.com>

847-414-6300 -Stella

1020 N Milwaukee Ave. Suite 280 Deerfield IL 60015

Services Naperville and Aurora

An in-home care provider serving Chicago, Illinois and the surrounding area. Accurate Care At Home Inc., offers non-medical services in the home, such as meal preparation, housekeeping, and transportation. Contact the provider for more details on home care services and rates.

### III Residential Health Care Facilities

#### **Villa St Benedict**

[www.villastben.org](http://www.villastben.org)

1920 Maple Avenue

Lisle, IL 60532

630-725-7000

Faith based senior community offering Assisted living along with a specialized unit for memory care in a secure neighborhood setting. As a not-for-profit, Villa St Benedict Foundation provides services for residents who have outlived their funds insuring a life of care and concern.

#### **St. Patrick Nursing and Rehabilitation Facility**

[www.stpatrickresidence.org](http://www.stpatrickresidence.org)

1400 Brookdale Rd

Naperville, IL 60563

630-416-6565

- Long Term Care, Rehabilitation, Dementia, end of life care and Hospice
- 24 hour Nursing Staff and Dietary, Nutritional Counseling , Pain Management and PT,OT, and Speech Therapy
- Onsite Eye, Dental , Podiatry, and Audiology Clinics

#### **Meadowbrook**

[www.meadowbrookmanor.com](http://www.meadowbrookmanor.com)

720 Raymond Drive

Naperville, IL 60563

630-355-0220

- 24 hour Nursing Care , I.V therapy, Complex Wound Care
- Rehabilitation, PT, OT and Speech
- In-House Dialysis, Dementia and Alzheimer programs
- Respite care program offer a caregiver and loved ones a vacation from care

## **Tabor Hills Health Care Facility**

[www.taborhills.com](http://www.taborhills.com)

1347 Crystal Ave

Naperville, IL 60563

630-778-6677

- Skilled Nursing Care , Medicare and Medicaid certified
- Rehabilitation, PT, OT and Speech therapy
- Mid and late Dementia Care with Safeguard system
- Dentist, Optometrist and Podiatrist on site
- Wheelchair accessible transportation

## **Cedarhurst**

[www.cedarhurstliving.com](http://www.cedarhurstliving.com)

3333 75<sup>th</sup> St Woodridge, IL 60517

(630) 442-1525

## **Assisted living**

Skilled nursing care, Medicare Medicaid certified

Three home-cooked meals a day, maintenance and housekeeping staff at your disposal, private independent living in a gorgeous space, and as much enjoyment as you can handle, as well as expert care to complete daily tasks that may have become more challenging with age.

## **Auberge**

1936 Brookdale Rd., Naperville, IL 60563

(800) 755-1458

<https://www.assistedlivingcenter.com/facilities/il/naperville/the-auberge-at-naperville-60563/>

## **Memory Care**

Our residents are assessed prior to move-in and after move-in they are reassessed on a periodic basis according to their condition and twice annually at a minimum. On an ongoing basis, our nursing staff is monitoring residents' conditions and communicating with the physician and family accordingly.

## **My loved one needs Nursing home care. What do I do now?**

When it becomes apparent that nursing care is something to consider for your loved one, many families become overwhelmed with the task of nursing home selection. Nursing home placement is often one of the most difficult decisions a family must make. Many factors should be considered for your loved one, many families become overwhelmed with the task of nursing home selection. Nursing home placement is often one of the most difficult decisions a family must make. Many factors should be considered, particularly the needs and preferences of the individual needing care as well as the health and wellbeing of the primary caregiver. Nursing homes are able to provide 24 nursing, certified nurses' aides to assist with activities of daily living, consistent nutritious meals, medications, monitoring and regular medical care.

1. Sit down with the key people involved. The person who requires the placement, family members who regularly visit or provide care, and others who are vital to the daily well-being of your loved one.
2. Ask each person to identify their priorities for selecting a nursing home. Things that may come up are from here:
  - Distance- how far is it from home? Can friends easily visit?
  - Quality of care- what is the Medicare rating? What types of public health citations have been given?
  - Private room versus having a roommate- how important is this to the potential resident? How many roommates would be comfortable with some of the facilities have up to three or four people in a room.
  - Size of facility- smaller facilities may be more comfortable for some while larger facilities may be able to provide a broader range of activities.
  - Recreation opportunities- what type of programs are available and do they match the person's interests?
  - Cost- what type of financial commitment are you comfortable with? If finances are limited, a facility that accepts Medicare would be best.
  - Transportation for visitors who don't drive- is this facility accessible by public transportation? How will someone who doesn't drive visit?

- Reputation in the community- have you heard positive or negatives regarding a facility from friends and other community members?
- Cleanliness of the facility- how is the odor, cleanliness and maintenance of the facility?
- Staff ratio- nursing homes do not provide one to one care often as C.N.A. cares for 10:20 patients.
- Consistent staff-how important is it that staff is consistent, that the same CNA or nurse will be providing care most days?
- Residents- ages, sex, diagnosis. Is it important to some people that they will have others at their level to interact with?
- Food- selection and variety of meal options.

3. Look for similarities between lists and come up with top priority as a group.

4. Obtain a list of local nursing homes. DuPage County services has a long term care directory, contact 630-407-6500 to request. The long term care directory is also posted in the DuPage County website [www.dupageco.org](http://www.dupageco.org) under senior services. If you are comfortable on the Internet, go to [www.medicare.gov](http://www.medicare.gov) and click on nursing home compare there you will be able to give your zip code and a radius for a list of nursing homes in that area identify four nursing homes to start researching, selecting them based on the group criteria.

5. [www.medicare.gov](http://www.medicare.gov) has a nursing home compare section where each facility has a star rating between one star and five stars, with five stars being the highest rating available. It also provides detailed information on each facility including size, if they are taking Medicaid, and results of past public health survey.

6. Contact the identified nursing home and ask:

- Are you currently accepting residents?
- What is the admission process?
- Do you accept Medicaid? ( If finances are an issue)
- When are tours available?

**7. Create a list of questions to ask at each facility that highlight the top priorities**

Examples of questions are:

- May I see your last public health report (quality of care)
- How many residents are in a room? Our private rooms available? If yes is there a cost factor? How do you match roommates? (Private room and roommate issues)
- How many residents does one CNA care for on 1st and 2nd shift?
- What is your staff turnover?
- What types of residence do you provide care for?

**8. Visit each facility with someone, if possible. It is often recommended that you do not schedule a tour, however please be prepared to wait a bit until someone is available to speak with you. You may want to schedule a tour so you can save time period look around when you are touring and ask questions on your list. Also make notes regarding:**

- Is there an overall odor? Incidental odors are expected- however a facility should not smell the minute you walk into it.
- Does it look clean and well kept? Is it noisy? If yes, why? Are residents yelling and upset? Do residents look well cared for? Are they dressed in regular clothing? Is hair combed? Do ladies have makeup on?
- What types of activities do you see the residents engage in? Watching TV? Talking in a group? Sleeping?
- Does the staff call residents by their names? Does staff appear happy?

**9. After your visits, determine if any of the facilities meet your requirements. If yes proceed with their application process. If not, go back to the list and pick a few more to evaluate. You may want to have repeated visits to facility or considering. If possible, and appropriate, have the individual needing a placement to work, as well as the other key people.**

The decision to place a loved one in a nursing home should not be taken lightly and requires thoughtfulness and an understanding of that individual's needs and preferences, financial impact, and caregiver support.

*Source: Mona Humber MSW, LSW*

## IV Appendix

- General website with resources, organizations and home assistance information.
- Northeastern Illinois area agency on aging- [www.ageguide.org/indexhtm](http://www.ageguide.org/indexhtm)
- Elder care locator- National Institute on aging and administration on aging [www.aoa.dhhs.gov](http://www.aoa.dhhs.gov)
- large site for caregivers and seniors [www.caregiverzone.com](http://www.caregiverzone.com)
- [www.dupageco.org](http://www.dupageco.org)- long term directory(under Human Services link)
- [www.Medicare.gov](http://www.Medicare.gov) click on nursing home compare