

Frequently Asked Questions

Assisted Living & Memory Care

What is Assisted Living? How is Assisted Living different from Independent Living?

Our Assisted Living apartments allow residents to continue to live independently while receiving personal care and assistance with activities of everyday living (e.g., medication management, bathing, dressing, diabetes care). Healthcare staff is available 24 hours a day, 7 days a week, and residents receive a healthcare pendant to call for assistance outside of regularly scheduled cares. Assisted Living also offers weekly light housekeeping and laundry.

Our Independent Living apartments provide residents with the convenience of maintenance-free living in a vibrant community. If Independent Living residents experience a healthcare situation or emergency, they need to call 911 or a family member for assistance, as Lyngblomsten at Lino Lakes is not licensed to provide healthcare services to them. Independent Living residents also have the option to hire an outside agency to provide care in their apartment.

What is Memory Care?

Our Memory Care apartments are designed to meet the unique needs of those living with memory loss. Compassionate staff provide residents with high-quality care, personalized attention, and specialized programming that creates a safe and comfortable living experience. Our Memory Care wing has secured entrances and a private, secured outdoor courtyard for residents to enjoy, as well as a common living room that encourages socialization. Three meals a day are provided in the Memory Care dining room, and residents can select what they'd like from a menu of options.

How do I know if my loved one needs Memory Care?

There are many factors that determine whether Memory Care is appropriate for an individual, including personal safety and the need for reminders and redirection. For example, if a resident cannot remember to use a healthcare pendant to call for assistance, then Memory Care would be an appropriate placement. Or, if an Assisted Living resident leaves their apartment with a task in mind and, along the way, forgets where they were going or why they left, then Assisted Living would no longer be an appropriate placement due to safety concerns.

Our healthcare staff can help you determine what type of care would best meet your loved one's needs. Prior to moving in, staff will conduct a healthcare assessment that will indicate if your loved one is capable of living safely in Assisted Living or if Memory Care is more appropriate.

What training is required for those who work with individuals with memory loss?

All Lyngblomsten staff must successfully complete a five-part dementia training program upon hire. Ongoing training, coaching, and mentoring are provided in order to ensure that staff have the most up-to-date knowledge needed to care for those with memory loss.

What activities and opportunities for socialization are available to residents?

Do you offer rides to shopping or doctor appointments?

Our Life Enrichment Department offers a variety of engaging, culturally diverse programs and activities that promote socialization and cognitive stimulation. These include opportunities led by professional teaching artists (e.g., drawing classes, concerts) that are organized by Lyngblomsten's Lifelong Learning and the Arts Department. Residents also can connect with others while enjoying our campus amenities and when participating in spiritual care opportunities led by our staff chaplain and other licensed ministers.

We occasionally offer scheduled group trips for shopping (e.g., Target, Walmart). Staff can also provide residents with a list of organizations that provide transportation services.

What steps are involved when choosing Assisted Living or Memory Care at Lyngblomsten at Lino Lakes?

After you select an apartment, you will complete a reservation form and pay a reservation fee. Your monthly rent begins 14 days from the date you complete the reservation form.

Next, within 48 hours of reserving your apartment, our nursing staff will call you to schedule a pre-move-in healthcare assessment. This assessment determines the level of care an incoming resident needs and, based on that, the cost for healthcare services each month. (This amount is *in addition* to your monthly rent.) The assessment consists of answering a series of questions and takes about one hour to complete.

You will then receive a summary of your assessment and a breakdown of your monthly healthcare costs. If after reviewing this information you would like to proceed with moving to our community, you will complete housing paperwork and schedule your move-in date.

How are service levels and pricing determined?

The level of care is determined from the results of the pre-move-in healthcare assessment. Most often, the total costs will directly coincide with the amount of time that staff will spend with residents for their healthcare needs.

If my needs change, can I get additional care?

Healthcare needs can change at any time, and our staff will adjust your care plan as needed. We conduct a pre-move-in healthcare assessment, a move-in day reassessment, and a 14-day assessment to ensure that we are providing the correct level of care when you move in. Throughout a person's stay in Assisted Living or Memory Care, we seek to foster an open dialogue with residents and their family members about their healthcare needs so we can provide the best possible care.

What types of payment does Lyngblomsten at Lino Lakes accept?

Lyngblomsten at Lino Lakes is a market-rate, private-pay community. Some long-term care insurance policies cover assisted living and long-term care. Policies vary, so please consult with your insurance company's benefits administrator to determine what your particular policy covers. We can assist with the long-term care insurance reimbursement process.