

the arbor
Memory Care



Welcome to Mount Carmel Bluffs

The Arbor memory care provides a vibrant neighborhood setting where dedicated staff serve the unique needs of each individual with warmth and compassion. Stimulating activities and personalized care assure families their loved one has the opportunity to live life to the fullest.

We believe that caring for the needs of those with dementia grants us an extraordinary opportunity for ministry. Our DOVE™ program is the culmination of many years of thoughtful consultation with staff, families, and leaders in the field of dementia research. DOVE™—Dementia Orientation Values Education—is a three-part approach to care that allows your loved one to receive the affirmation and reassurance they need.

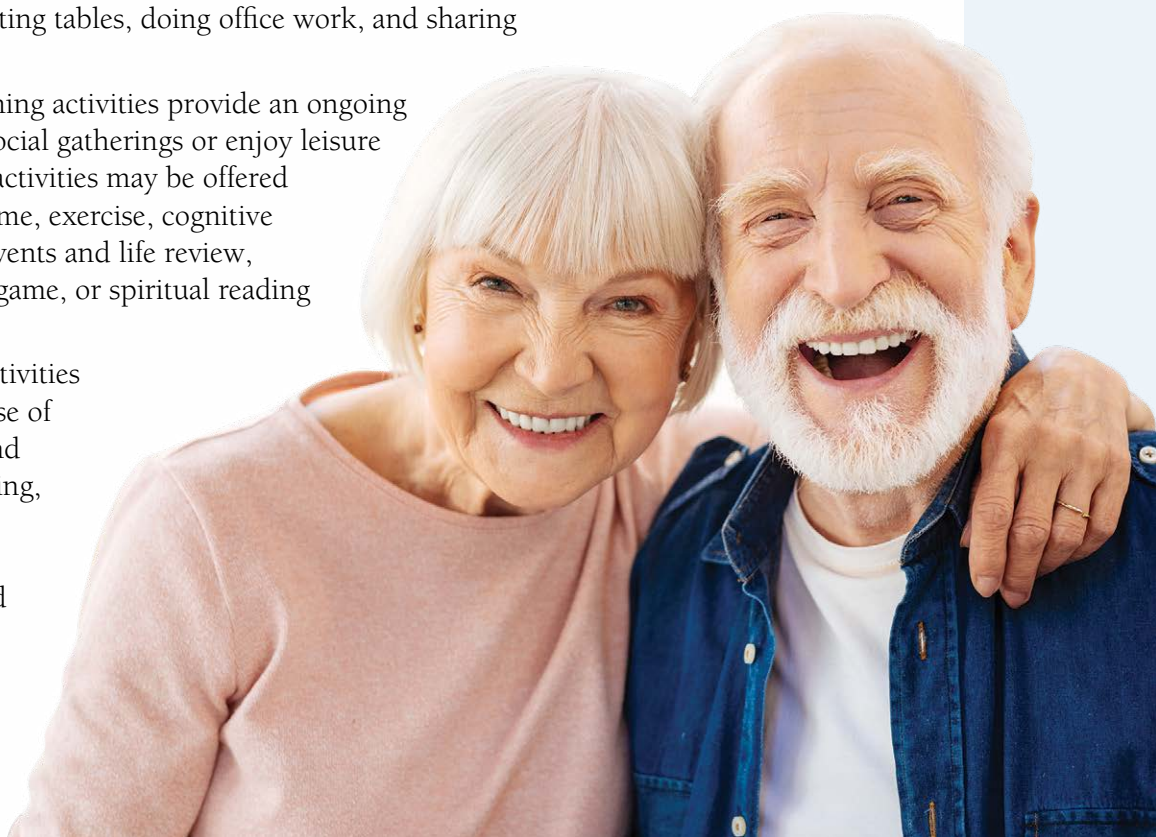
Our dove lapel pin designates staff that have completed special training. The dove, a symbol of the Holy Spirit, symbolizes how each person is fully remembered by Him. Even with loss of memory, the spirit remains intact.

The DOVE™ Program

We begin by assessing individual needs and creating a plan of care, and continue by supporting resident life skills as well as involving and providing guidance to families. Encouraging independence and providing a sense of purpose, enjoyment, and success are our guiding principles.

Activities and specialized programming in three main areas are essential: life-skills, life-enrichment, and self-care.

- Life-skill activities help recall the person's various roles in life. Some examples include setting tables, doing office work, and sharing hobbies.
- Recreational and life-enriching activities provide an ongoing opportunity to engage in social gatherings or enjoy leisure activities. A wide range of activities may be offered such as leisure and quiet time, exercise, cognitive stimulation from current events and life review, baking, reading, playing a game, or spiritual reading and prayer.
- Participation in self-care activities gives each individual a sense of independence and pride and enhances self-esteem. Bathing, dressing and grooming are examples of cares in which each resident is encouraged to assist.



The Arbor strives to ensure the comfort and convenience of residents and their families. From our inclusive amenities to comprehensive care options, families gain peace of mind knowing their loved one has support with all the comforts of home.

Distinctive Details

- Studio and one-bedroom apartments with private bathrooms and kitchenettes
- Neutral carpet and finishes
- Individually controlled heat and central air conditioning

Included Amenities

- Three daily meals and snacks served in the family dining room
- Weekly light housekeeping and linen change
- The DOVE™ program
- Specialized dementia caregiver support group
- Pastoral care
- 24 hour on-site Resident Assistant staffing
- Residential setting with controlled access
- Staffed social programs and events
- Outdoor courtyard
- Utilities (heat, electric, central air conditioning, water, sewer, and trash)
- Open public Wi-Fi
- Telephone service
- Basic cable television service
- Priority access to Presbyterian Homes & Services living and care options based on availability
- Smoke-free community

Other Conveniences

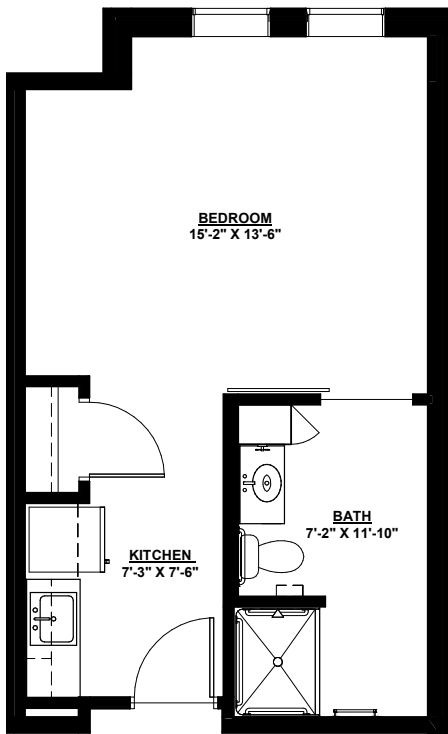
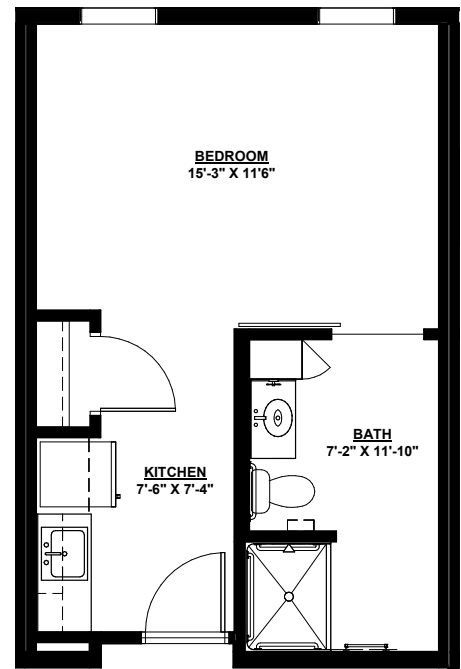
Additional fees may apply

- Second occupant
- Assistance with arranging transportation to medical and social service appointments
- Assistance with accessing community resources and social services
- Additional Registered Nurse services, such as long term care insurance paperwork
- Additional loads of laundry
- Guest dining
- Guest suite
- Salon
- Outpatient therapy — physical, occupational and speech therapy

Sample Floor Plans

Birch

393 Sq. Ft.
Studio



Dogwood

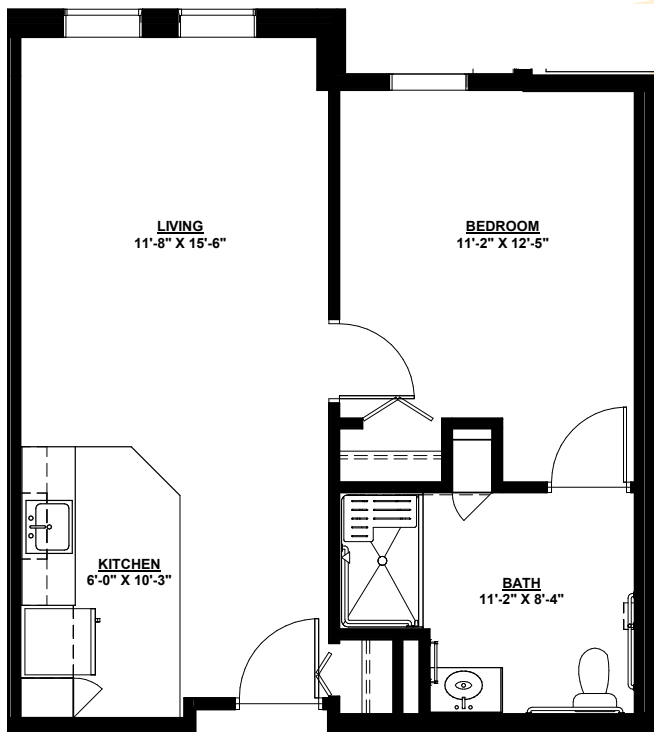
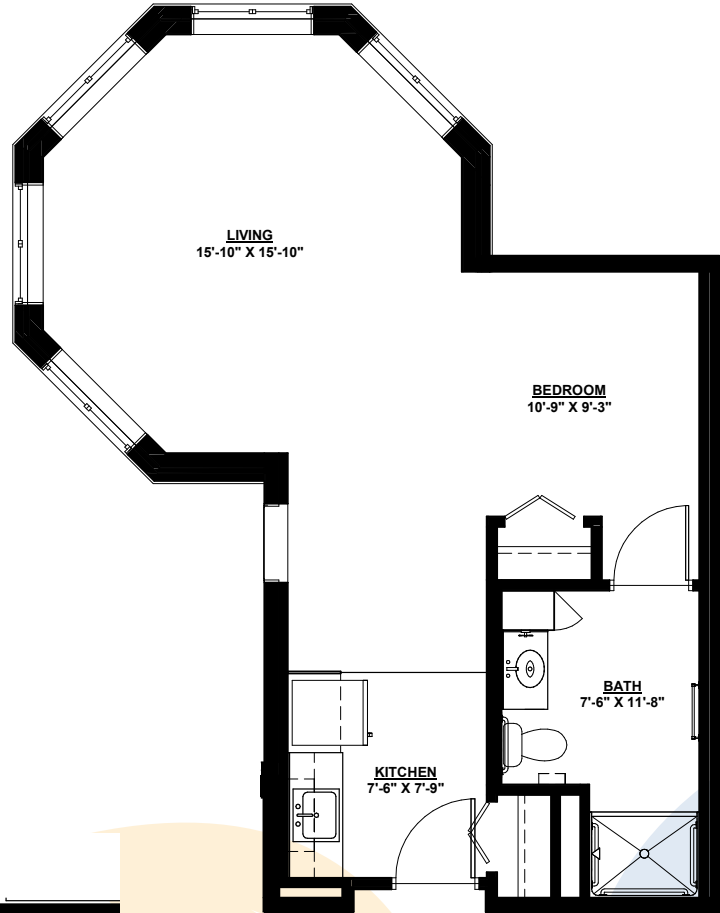
420 Sq. Ft.
Studio



Hickory

507 Sq. Ft.
Studio/Sunroom

Maple
599 Sq. Ft.
Studio/Sunroom



Pine
616 Sq. Ft.
One Bedroom

Floor plans, features and amenities are subject to change without notice. Stated dimensions and square footage are approximate. Additional floor plans may be available. Please ask about availability. All apartments are unfurnished.

Personal Care Services

Engaging programs and comforting amenities are just the beginning of the services provided.

A nurse is on site five days a week and available to resident care staff by phone 24 hours/day. Resident care assistants are present 24 hours a day to assist with resident needs.

Prior to starting services, a nurse completes a comprehensive assessment and determines your personal care needs during the assessment. An Individual Service Plan is written in collaboration with you, your family and physician.

The following services are included in addition to the Individual Service Plan:

- Initial nursing assessment
- 24 hour on-site Resident Assistant staffing
- Medication management
- Reassurance and comfort care
- Escorts within the Arbor
- Nurse consultation with health care professionals as needed
- Nurse maintains clinical record
- Coordination of laboratory requests



Apartment Selection

At Mount Carmel Bluffs, we know each individual is just that—an individual. And our services reflect that philosophy. Select from a broad range of options depending on your personal preferences. It's all based on the principle of choice. **And the choice is yours.**

Apartment	Sq. Ft.	Monthly Fee
Studio	393 – 520	\$3,975 – \$4,245
Studio/Sunroom	507 – 599	\$4,245 – \$4,520
One Bedroom	599 – 650	\$4,520
One Bedroom/Sunroom	702	\$4,740

Pricing subject to change. Occupancy agreement available upon request.

Personal Care Service Fees

In addition to the monthly rental fee, a monthly personal care fee for services is required based on the amount of care provided. The following steps help to assess your care needs and guide you through the residency process:

Step 1: Reserve an apartment at Mount Carmel Bluffs. We will help you through the reservation process and provide you with essential information in preparation for the following steps.

Step 2: Schedule a care assessment appointment. A nurse will meet with you to complete an initial assessment and help create a personalized care plan. The assessment will include a review of your individualized needs and a recommendation of services that could be provided to meet those needs. Each service is assigned a point value and the assessment will give you an estimated total number of points.* To view the care assessment, scan the QR code or visit MountCarmelBluffs.org and click on “Resident Documents.”



Monthly Personal Care Fee Ranges*

Points from Assessment	Monthly Fee
0–55	\$460–\$1,380
56–124	\$1,840–\$2,760
125–193	\$3,220–\$4,140
194–262	\$4,350–\$4,770
263–331	\$4,980–\$5,400

**The care fee ranges above are for estimating purposes only.*





563-845-7600

1040 Carmel Drive
Dubuque, IA 52003

MountCarmelBluffs.org

Due to COVID-19 or other future circumstance, some features may be temporarily unavailable or offered in a different way. We anticipate features will become available in original form once it is prudent to do so. Presbyterian Homes & Services (PHS) communities comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

PresHomes.org

Español (Spanish): Llame al 1-844-558-6125

Hmoob (Hmong): Hu rau 1-844-558-6125

Tagalog (Filipino): Tumawag sa 1-844-558-6125

Professional management by PHS Management, LLC

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All faiths welcome. Equal housing opportunity.

9/23 

Living Options

- Townhomes
- Senior apartments
- Enriched living apartments
- Memory care residence
- Care center suites
- Skilled nursing suites

