

# Looking for QUALITY assisted living for your loved one?

With so many options for assisted living, how can you feel confident that you're making the right decision? **Use this checklist to compare the assisted living communities in your area.** To help you get started, we've already checked the Greenspring column for you.

	Name	Name
<b>STRATEGIC BUILDING DESIGN AND SAFETY</b>		
GREENSPRING _____		
Variety of private studio and one bedroom apartments with modern finishes, full baths, and kitchenettes; some with screened porches	✓	
Small, intimate neighborhoods designed with strategically placed sitting areas and nooks	✓	
Building designed with neighborhoods off short hallways that encourage independence in getting to and from activities	✓	
Easy access to outdoor walking paths, gardens, and courtyards	✓	
Medications stored in a locked cabinet in each resident's room to create a more homelike environment, encourage independence, and create efficiencies in managing medications	✓	

	Name	Name
<b>PERSON-CENTERED APPROACH TO CARE</b>		
GREENSPRING _____		
A holistic assessment is completed for every resident to understand likes, dislikes, desires, and needs	✓	
Interdisciplinary approach looks at residents' physical, spiritual, and emotional needs to create an individualized plan for each resident	✓	
Spacious, family-style kitchen where healthy, tasty foods are available around the clock; a variety of menu options are prepared on-site by a dedicated chef	✓	
Staff and resident interaction allows for the development of close personal relationships that allow each resident to have meaningful moments with their dedicated care associates	✓	
Residents are encouraged to share their gifts and experiences to create meaningful programming and activities	✓	
Special benefit of access to the clubs, activities, and amenities of the entire Greenspring community support each resident's preferences and interests	✓	

## ACCESS TO QUALITY HEALTH CARE

GREENSPRING \_\_\_\_\_

Greenspring is part of Erickson Living®, a national network of communities with over 30 years of experience meeting the health and wellness needs of older adults; our track record of superior outcomes makes us one of the nation’s most respected names in senior living and health care	✓		
Full-time physicians on campus who are experts in caring for older adults	✓		
Access to inpatient rehabilitation and outpatient services (physical, speech, and occupational therapies) on the same campus	✓		
Access to fitness room in the neighborhood encourages independence and a healthy lifestyle	✓		
Several levels of care available in one location to seamlessly manage changes in care needs	✓		
Routine care planning meetings that allow the resident, family, and care team to partner together in developing the care plan and making adjustments as needs change	✓		

Review your assisted living options, then call **703-923-4650** to request more information or to schedule a visit to Greenspring. Our knowledgeable team is here to help.



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[GreenspringCommunity.com](http://GreenspringCommunity.com)

Independent Living  
 Inpatient and Outpatient Rehabilitation | Assisted Living  
 Memory Care | Nursing Care