

## Uniform Consumer Information Guide

1. Name of Establishment: LYNGBLOMSTEN APARTMENTS
2. Address, City, State, Zip: 1455 ALMOND AVENUE, ST PAUL, MN - 55108
3. Telephone Number: (651) 632-5422 4. Fax Number: (651) 632-5440
5. Web Site: [www.Lyngblomsten.org](http://www.Lyngblomsten.org)
6. Contact Person: Manager Jill Hult

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This Guide was developed to help consumers compare housing, services and costs to help you choose a Housing with Services Establishment that will best meet your needs. The intent is that each individual makes informed choices about where they live and what kind of help they need; and that each individual lives with their maximum independence, dignity, respect and privacy.

**Housing With Services:** In this setting, you are renting "housing" and buying health-related "services". A single company may provide both the housing and the services, or the building may have an arrangement with home care agencies and other companies to provide some or all of the services. Please note that not all Housing With Services provide Assisted Living.

**Assisted Living:** The legal requirements for Assisted Living vary by state. Minnesota's laws related to Assisted Living are based on the concept of "Housing With Services". In Minnesota, Housing With Services providers may call themselves "Assisted Living" only when they meet additional basic requirements under Minnesota law [MN Statute 144G]. The rights you have as a tenant of the housing and a client of the services are listed on the last page of this Guide.

While this Guide is designed to help you find the Establishment that best matches your needs, no Guide can cover every detail. Housing With Services Establishments vary in size, services and costs so be sure to visit the places you are considering, and ask to meet with a staff person one-on-one to discuss your specific needs and preferences.

Here are some things to consider during your visit:

- Ask to see a copy of their standard housing contract.
- What is the total amount it will cost to live and receive services at this building per month? Ask for specifics, including whether items are individually priced or packaged together.
- Why could the housing with services ask a tenant to move out?
- What are the limitations on services a client can receive from this provider? What are the reasons why the provider could stop providing services to a client?
- Does the provider offer opportunities for religious or spiritual practice?

- What opportunities and policies exist for tenants/clients and families to make recommendations about the building and services?

You can get further information, at no cost, about care options from:

- Senior LinkAge Line at 1-800-333-2433; [www.mnaging.org/advisor/SLL.htm](http://www.mnaging.org/advisor/SLL.htm)
- County's Long Term Care Consultation Telephone number:
- Office of Ombudsman for Long Term Care at 1-800-657-3591; [www.mnaging.org](http://www.mnaging.org)
- Minnesota Directory to locate community resources: [www.MinnesotaHelp.Info](http://www.MinnesotaHelp.Info)

When you move into a building, you will sign a rental or residency agreement that covers your occupancy of an apartment or unit. Review this agreement carefully prior to signing because it will identify situations when the landlord could ask you to move out, such as non-payment, damage to the building, or other reasons.

**Home Care Provider:** In addition to a rental agreement, you will also sign a service agreement or service plan that covers services you will receive from the licensed home care provider. The building owner may be the home care provider and other times services may be provided by one or more outside home care providers. You have the right to choose freely among home care providers and to change providers after services have begun. This building has an arrangement with the following home care agency to provide services to its tenants.

#### Home Care Provider(s)

Name of home care provider	Address, City, State, Zip	Phone	Fax	Web Site	Contact Person	License Type	Medicare Certified
LYNGBLOMSTEN SERVICES INC	1415 ALMOND AVE ST.PAUL MN 55108	(651)646-2941	(651)646-8360	<a href="http://www.lyngblomsten.org">www.lyngblomsten.org</a>	Linda Renstrom	COMPREHENSIVE HOME CARE	No

\*Notes regarding MDH home care licenses.

- A Comprehensive home care provider may provide medication administration and therapies such as physical and occupational therapy.
- A Basic home care provider may provide basic home care services. A Basic home care provider cannot provide health-related services, such as medication administration or therapies such as physical or occupational therapy.
- Only a Medicare-Certified home health agency is eligible to receive Medicare payment. All Medicare-Certified home health agencies must be licensed as a Comprehensive home care provider.

#### Building Details and Features

Total Number of Rental Units: 105

The following table includes information about the minimum amount it will cost you to live here, depending on the type of unit you choose. In addition to rent, the monthly base rate may include

some services. Be sure to ask if there are other required fees or charges besides the base rate, such as security deposit, garage fee, charge for a registered nurse assessment or other additional fees.

Size/Type Of Unit	Square Footage (include range)	Private Bath	Monthly Base Rate (include cost range)
Two-bedroom apartment	864 Square Feet to 864 Square Feet	yes	\$ 42 to \$ 1049
One-bedroom apartment	576 Square Feet to 576 Square Feet	yes	\$ 30 to \$ 886
Studio/efficiency apartment	0 Square Feet to 0 Square Feet	no	\$ 0 to \$ 0
Private room	0 Square Feet to 0 Square Feet	no	\$ 0 to \$ 0
Semi-private room	0 Square Feet to 0 Square Feet	no	\$ 0 to \$ 0
Other	0 Square Feet to 0 Square Feet	no	\$ 0 to \$ 0

Note: Monthly base rate may include some supportive and/or health-related services.

Monthly Base Rate Includes the following checked utilities: ☒ Heat ☐ Electricity ☐ Telephone ☐ Cable or Satellite TV

Building Features include the following checked items (additional fees may apply): ☒  
 Community dining room ☒ Chapel ☐ Whirlpool ☒ Private entertaining space ☐ Exercise room ☐ Garage parking ☒ Beauty/barber shop ☒ Activity room ☒ Off street parking ☒  
 Central air conditioning ☐ Internet access ☒ Guest accommodations ☒ Window air conditioners ☒ Laundry Room ☐ Washer/dryer in unit ☐ Other:

The building has the following security features and systems for controlling who enters and exits the building: ☐ Security guard ☐ Key card access ☒ Other lock system ☐ Additional security features: See attached description

The building has the following accessibility features: ☒ Elevator ☐ Ramps ☒ Accessible bathrooms ☐ Additional accessibility features: See attached description.

Smoking is not Permitted in tenants' rooms/apartments. Smoking Permission Not Identified

Pets are Permitted in tenants' rooms/apartments. Additional deposit required Types or sizes of pets are limited : Dogs and Cats that are 20 lbs and under

## Payment for Rent and Services

Rent : This building has or accepts the following checked forms of payment for rent: ☒ The building offers reduced rents for income-qualified persons or accepts federal rent subsidy ☐ The building accepts Minnesota Group Residential Housing payments for rent and included food costs for qualified, low-income persons ☐ Private pay / Co-pay ☐ Long Term Care Insurance

Services: This building's home care provider is eligible to receive and accepts the following checked types of payment for health-related services: ☒ Medicare reimbursement for Medicare-eligible services (See <http://www.cms.gov/center/PeopleWithMedicareCenter.asp> for general Medicare information) ☒ Medical Assistance (Medicaid) reimbursement for eligible services for qualified low-income persons (such as Elderly Waiver or CADI) ☒ Private pay / Co-pay ☒ Long Term Care Insurance

General note about public assistance: Be sure to ask about any limits that may apply if the provider accepts public funding for rents or services. If you need assistance in paying for your housing or your services, contact the county to determine if you are eligible for Medical Assistance or Group Residential Housing. For information on subsidized housing, contact Senior LinkAge Line at 1-800-333-2433.

## Assisted Living and/or Special Care Unit

Assisted living services are available in this building: To all tenants of the building

Minnesota law requires Establishments providing Assisted Living to make available an RN assessment at the time of or prior to move in. Contact Linda Renstrom 651-632-5428 to make arrangement for this assessment.

This building does not offer a specialized care program or special unit for Alzheimer's disease or related disorders.

## Staff Availability:

The responsible person(s) in this building is awake at all times.

The following is additional information about the building's response system, such as how clients call for assistance, who responds, and where they are located: The building is equipped with a pull cord call alarm system in each unit located in bedroom and bathroom for an emergency. The call is responded to by a nurse and/or home health aide.

Assisted Living Establishments Only: Minnesota law requires establishments providing assisted living to have someone available 24 hrs per day, 7 days per week, who is responsible for

responding to client requests for assistance with health or safety needs.

This building's daily client check system is: Lyngblomsten Home Health Services provides a door tag check system for clients that offers two levels of service. A health alert pendant system is also available for clients.

Assisted Living Establishments Only: Minnesota law requires establishments providing assisted living to have a system to check on each client at least daily.

## Services Offered

Basic Home Care Providers can provide Supportive Services and Basic Home Care Services.

Comprehensive Home Care Providers can provide all services, including Supportive, Basic, and Comprehensive Home Care Services.

## Supportive Services:

Services	Availability			Price	
	Yes	No	Days	In base rate	Additional Charge
Breakfast	<input checked="" type="checkbox"/>	<input type="checkbox"/>	7 days a week	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Lunch	<input checked="" type="checkbox"/>	<input type="checkbox"/>	7 days a week	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Evening meal	<input checked="" type="checkbox"/>	<input type="checkbox"/>	7 days a week	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Snacks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	7 days a week	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Meal delivery	<input checked="" type="checkbox"/>	<input type="checkbox"/>	7 days a week	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Special diets - see below	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Personal Laundry	<input checked="" type="checkbox"/>	<input type="checkbox"/>	7 days a week	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Laundry sheets and towels	<input checked="" type="checkbox"/>	<input type="checkbox"/>	7 days a week	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Housekeeping	<input checked="" type="checkbox"/>	<input type="checkbox"/>	7 days a week	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Assistance with Bills and Finances	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Activities and Socialization	<input checked="" type="checkbox"/>	<input type="checkbox"/>	7 days a week	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Reasonable Assistance with Arranging Transportation upon Request	<input checked="" type="checkbox"/>	<input type="checkbox"/>	7 days a week	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Transportation Provided	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input checked="" type="checkbox"/>
Reasonable Assistance Accessing Community Resources	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>

Note: Assisted Living Establishments must offer all of the following:

- (1) two meals per day

- (2) weekly housekeeping and weekly laundry service
- (3) a system for daily checks
- (4) "awake" staff 24/7 to respond to health and safety needs of clients.

The following special diets are available: No Special Diets Indicated

### Basic Home Care Services

Services	Availability			Pricing	
	Day	Evening	Night	Included in base rate	Additional Charge
Dressing	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Self-feeding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oral Hygiene	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Hair Care	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Grooming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Toileting	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Bathing	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Standby Assistance	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Verbal/Visual Reminders to Take Regularly Scheduled Medication	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Treatment and/or Exercise Cues or Reminders	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Preparing Modified Diets Ordered by a Licensed Health Professional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laundry	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Housekeeping	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Meal Preparation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note: Check with provider for how they define times for days, evenings, and nights.

## Health Related Services - Comprehensive Home Care Providers Only

Services	Availability			Price	
	Day	Evening	Night	Included in base rate	Additional Charge
Registered Nurse Services	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Licensed Practical Nurse Services	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Trained Unlicensed Personnel	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Medication Administration	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Medication Set-ups by a Nurse	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Medication Cues and/or Reminders	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Assistance with Self-Administration of Medications	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Insulin Injections	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Other Injections	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Wound Care	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Physical Therapy Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Occupational Therapy Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Speech Therapy Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Respiratory Therapy Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hands-on Assistance with Transfers and Mobility	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Social Worker Services	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Dietitian/Nutritionist Services	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Eating Assistance with Complicating Eating Problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Complex or Specialty Healthcare Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oxygen Management	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Blood Glucose	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Routine Foot Care	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nebulizer Treatments	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Blood Pressure Checks	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Overnight Companion or Respite	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Other: <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note: Check with provider for how they define times for days, evenings, and nights.

## Your Legal Rights:

A number of laws exist to protect those who choose Housing with Services Establishments. Here is a partial list of the laws and consumer rights that apply.

- Minnesota's Housing-with-Services Act requires housing with services establishments to include specific items in their contract. [MN Statute 144D]
- MN Statute 144G requires Assisted Living Establishments to have a minimum set of services available and to meet other legal standards.
- As a building tenant you will have rights under Minnesota's Landlord-Tenant law. For a summary of this law, you may call the Minnesota Attorney General at 651-296-3353 or 1-800-657-3787. [TTY: 651-297-7206 / 1-800-366-4812] Current tenants may ask their landlord for a summary. [MN Statute 504B]
- The federal Fair Housing Act and the Minnesota Human Rights Act make it illegal for a landlord to discriminate based on race, national origin, sex, disability, and other factors. The federal Americans with Disabilities Act provides additional protections for persons with disabilities. If you believe you have been discriminated against, call the Minnesota Department of Human Rights at 651-539-1100 or 1-800-657-3704. [TTY: 1-800-627-3529]
- Providers that offer a special program or setting for persons with Alzheimer's disease or related disorders must train staff in dementia care and provide information to consumers about that training. [MN Statute 144D.065]
- The Minnesota Home Care Bill of Rights lists specific rights for people who are served by a licensed home care provider. [MN Statutes 144A.44 to 144A.441]
- Minnesota's Vulnerable Adult Act lists the legal protections for vulnerable adults regardless of where they live. [MN Statutes 626.557 to 626.5572]
- You may contact the Office of Health Facility Complaints for concerns related to a home care provider at 651-201-4201 or e-mail at: [health.ohfc-complaints@state.mn.us](mailto:health.ohfc-complaints@state.mn.us) Also, the Minnesota Adult Abuse Maltreatment Center (MAARC) is the state-wide common entry point for accepting reports of suspected maltreatment of vulnerable adults. The MAARC toll-free phone number is 844-880-1574 and is available 24/7 to accept reports from the general public.
- For more information about your rights under any of these laws, you may call the Office of Ombudsman for Long Term Care at (toll free) 1-800-657-3591, TDD/TTY call 711.



The template for this document was developed for use by Housing With Services Establishments as described in MN Statute 144D and 144G. This is the end of the standard Uniform Consumer Information Guide. Any additional pages or addendums have been provided by the Housing With Services Establishment.