

# 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 Ashby Ponds column for you.

	ASHBY PONDS	Name _____	Name _____
<b>STRATEGIC BUILDING DESIGN AND SAFETY</b>			
Variety of private studio and one and two bedroom apartments with modern finishes, full baths, and kitchenettes	✓		
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 meals and activities	✓		
Easy access to outdoor areas, gardens, and courtyards	✓		
Medications stored in a locked cabinet in each resident's room encourages independence and creates efficiencies in managing medications	✓		

	ASHBY PONDS	Name _____	Name _____
<b>PERSON-CENTERED APPROACH TO CARE</b>			
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 and 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	✓		
Activities are tailored to match the residents' interests and personal preferences	✓		
Access to all the community's amenities including restaurants, salons, convenience store, activities, and clubs	✓		

## ACCESS TO QUALITY HEALTH CARE

	ASHBY PONDS	Name	Name
Ashby Ponds is part of Erickson Living, <sup>®</sup> 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 post-acute rehabilitation and outpatient services (physical, speech, and occupational therapies)	✓		
Access to special programs to enhance strength and independence	✓		
Several levels of care available in one location to seamlessly manage changes in care needs	✓		
Routine planning meetings allow the resident, family, and care team to partner together in developing the service plan and making adjustments as needs change	✓		

Review your assisted living options, then call **571-291-6215** to request more information or to schedule a visit to Ashby Ponds. Our knowledgeable team is here to help.



21160 Maple Branch Terrace, Ashburn, VA 20147

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

Independent Living | Assisted Living | Memory Care |  
Post-Acute Rehabilitation | Long-Term Care