

QUESTIONS TO ASK

When Shopping for Senior Living

Thank you for your interest in Our Lady of Perpetual Help! We understand that you may be looking at other options for senior care. It can be a confusing process, especially if you are exploring senior care for the first time. To make the process easier for you, we've created this "side-by-side comparison" form to help as you explore various options.

Questions? Don't hesitate to contact us! 757-495-4211 • ourladyperpetualhelp.com

Our Lady of Perpetual Help

What types of senior living options are available?

- Independent Living
- Assisted Living
- Extensive Assisted Living
- Memory Care
- Respite (short-term) Care
- On-site Rehabilitation, including:
 - Physical Therapy
 - Speech Therapy
 - Occupational Therapy
- Nursing Care

What are your community's care standards?

- State and Federally Regulated
- Annual Inspections
- Multi-Year License
- State-Licensed Administrator
- Oversight by Medical Director (Geriatric Physician)
- Routine COVID-19 Testing
- On-Site Vaccination Clinics
- Specialized Dementia Training for Staff
- Registered Nurse Managing Care Team
- Nurse Practitioner On Site
- Licensed Nurses On Site 24 Hours a Day
- Full Continuum of Care

What is the leasing commitment?

Convenient, month-to-month lease.

Is the community privately or corporately owned?

We are a not-for-profit, nondenominational community sponsored by the Catholic Diocese of Richmond. We have been managed by the same senior living firm since we opened in 1998.

Is there an extra charge for medication administration?

Medication administration is included in the monthly care fee.

Community/Group Home: _____

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Our Lady of Perpetual Help

Are there daily activities offered in the building?

Yes, there is a full calendar of programs, outings, activities, and social events for various interests led by our professionally trained and certified activities team.

Is transportation available for residents?

Minibus transportation is provided to take residents to medical appointments, shops, festivals, museums, restaurants, and more.

What is the food like?

We love providing delicious, chef-inspired meals that please our most important audience - our residents! And yes, we accommodate specialized diets (e.g., no added salt, consistent carbohydrates).

Is the staff specially trained and experienced?

Yes. Departmental trainings are provided to ensure everyone is equipped to do an excellent job. Our team is experienced and long-tenured, with some having worked here for over 20 years!

Additional on-site services and amenities?

- Weekly religious services, Catholic Mass
- Pastoral Counselor on staff
- Beauty salon / barber shop
- Full-community emergency generator
- Air purification system that helps eliminate viruses, including COVID-19
- Visiting physicians
- Complimentary, self-service laundry
- Weekly (at minimum) housekeeping service including laundering of bed and bath linens

NOTES

Proprietary Reflections Memory Care Program uses the most up-to-date therapies and a resident-focused approach.



Memory Care • Assisted Living • Nursing Care

757-495-4211 • ourladyperpetualhelp.com
4560 Princess Anne Road, Virginia Beach

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