Call: (773) 917-8174
Fax: (773) 974-6162
info@selfhelphome.org

Assisted Living

Live Active and Receive Care

Find the balance you need!

At Selfhelp, you can continue to lead an active lifestyle in your one-bedroom or studio apartment and receive just the right amount of care you need, when you need it. We know that each resident is an individual with a unique set of needs and preferences. Our assisted-living services come to you in your apartment, so there is no need to move to a separate unit. Our independent and assisted-living communities are integrated, allowing residents to age in place, without a stressful move.

Our Assisted-Living Program is run by an experienced Nurse Manager and a team of personal aides who provide you the care you need in your own apartment. Residents are also welcome to visit the Nurse in our Wellness Center. We only employ personal aides who are flexible, trained, kind and experienced and who encourage residents to remain active and involved in our community.

We take an active approach to addressing resident healthcare needs by maintaining ongoing communication with each resident's physician. This commitment to our residents has earned us a solid reputation for quality care throughout the Chicagoland area.

Each resident is an individual with unique needs and preferences. We meet with residents and family to evaluate the need for assistance and support. This evaluation helps determine the appropriate care and service that preserves each residents dignity, encourages independence and best enables freedom of choice. Prior to moving, a Selfhelp nurse will help determine the appropriate level of care. We will periodically review the level of assistance, depending on the changing needs of the resident. Our pricing below is based on the level of care each patient may need.

- Escort services within the facility
- All utilities, except telephone
- Weekly housekeeping services
- Weekly linen service
- Weekly personal laundry
- Daily bed making
- Cueing
- Transfer assist
- Bathing-stand by assist
- Daily exercise instruction
- Medication management
- Assistance with any activities of daily living (ADL)
- Activities and programs
- TED hose
- Security provided 24 hours per day
- Wellness Center services (wound treatment, blood pressure and weight checks)
- Continence care

Assisted Living Fees

A ***one-time, non-refundable $3,500 community fee*** supports the administrative costs of moving into our community, as well as activities and programs that contribute to improving the quality of life for residents. Apartments style and availability will vary.

Level One Care

Studio	Standard One-Bedroom	Large One-Bedroom
from $4,470 per month	*from* $5,480 - $5,620 per month	*from* $5,745 - $6,035 per month
- 327 sq. ft.	- 590 - 660 sq. ft.	- 725 - 775 sq. ft.
- Three meals per day	- Three meals per day	- 1-2 bathrooms
- All utilities included	- All utilities included	- Three meals per day
- Satellite television	- Satellite television	- All utilities included
- Free WiFi	- Free WiFi	- Satellite television
- Weekly housekeeping and laundry	- Weekly housekeeping and laundry	- Free WiFi
- Add a second person starting at $1,525/mo	- Add a second person starting at $1,525/mo	- Weekly housekeeping and laundry
		- Add a second person starting at $1,525/mo

Level Two Care

Studio	Standard One-Bedroom	Large One-Bedroom
from $4,725 per month	*from* $5,735 - $5,875 per month	*from* $6,000 - $6,290 per month
- 327 sq. ft.	- 590 - 660 sq. ft.	- 725 - 775 sq. ft.
- Three meals per day	- Three meals per day	- 1-2 bathrooms
- All utilities included	- All utilities included	- Three meals per day
- Satellite television	- Satellite television	- All utilities included
- Free WiFi	- Free WiFi	- Satellite television
- Weekly housekeeping and laundry	- Weekly housekeeping and laundry	- Free WiFi
- Add a second person starting at $1,525/mo	- Add a second person starting at $1,525/mo	- Weekly housekeeping and laundry
		- Add a second person starting at $1,525/mo

Level Three Care

Studio	Standard One-Bedroom	Large One-Bedroom
from $5,235 per month	*from* $6,245 - $6,385 per month	*from* $6,510 - $6,800 per month
- 327 sq. ft.	- 590 - 660 sq. ft.	- 725 - 775 sq. ft.
- Three meals per day	- Three meals per day	- 1-2 bathrooms
- All utilities included	- All utilities included	- Three meals per day
- Satellite television	- Satellite television	- All utilities included
- Free WiFi	- Free WiFi	- Satellite television
- Weekly housekeeping and laundry	- Weekly housekeeping and laundry	- Free WiFi
- Add a second person starting at $1,525/mo	- Add a second person starting at $1,525/mo	- Weekly housekeeping and laundry
		- Add a second person starting at $1,525/mo

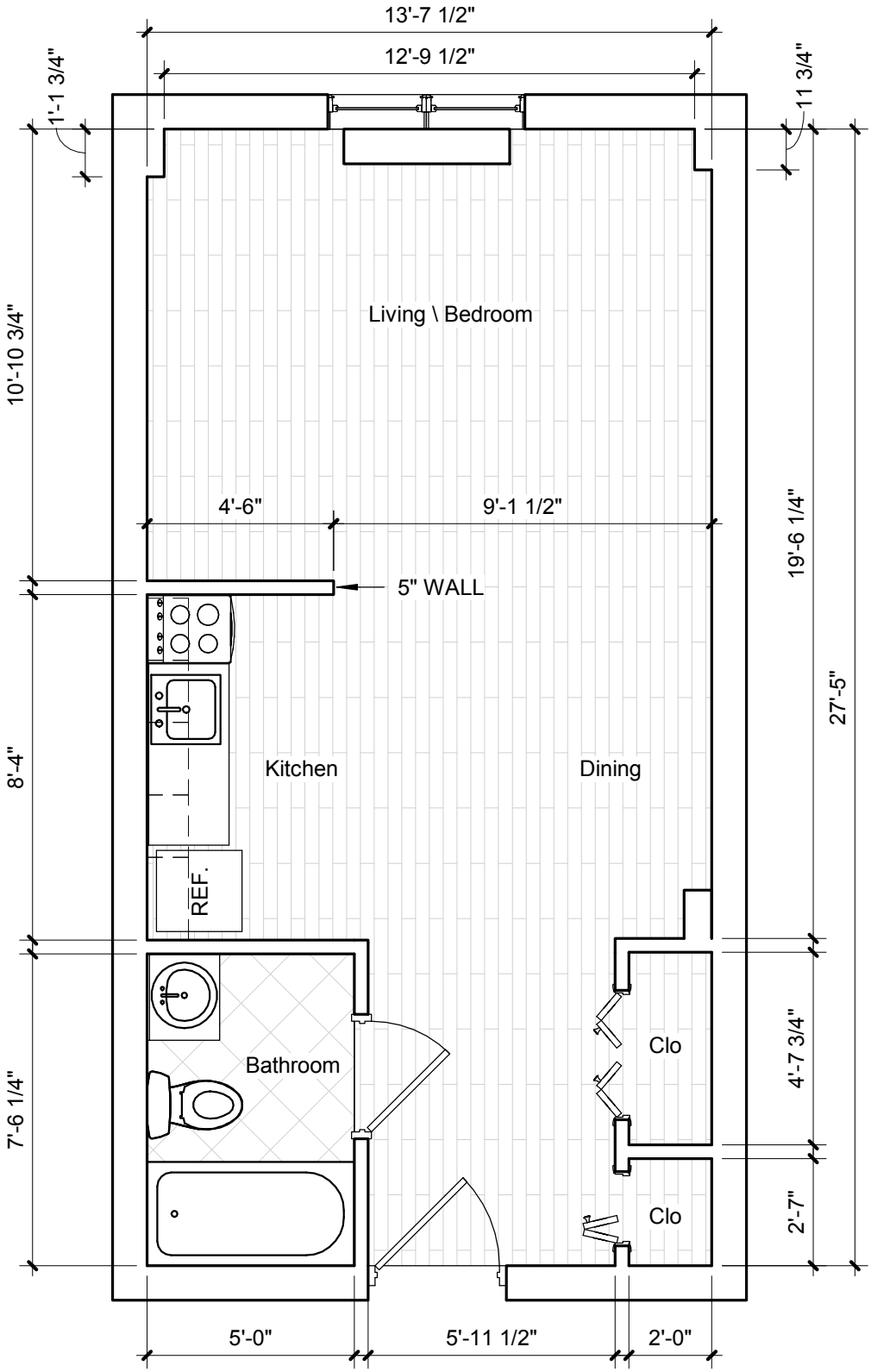
All prices listed are effective as of September 2019 and are subject to change.

Application Process

- Prospective residents are asked to complete an application including financial application and medical evaluation.
- A personal interview with facility staff assures that each resident is comfortable with our facility and that we can provide the appropriate services and meet each individual's needs.

Schedule a Tour

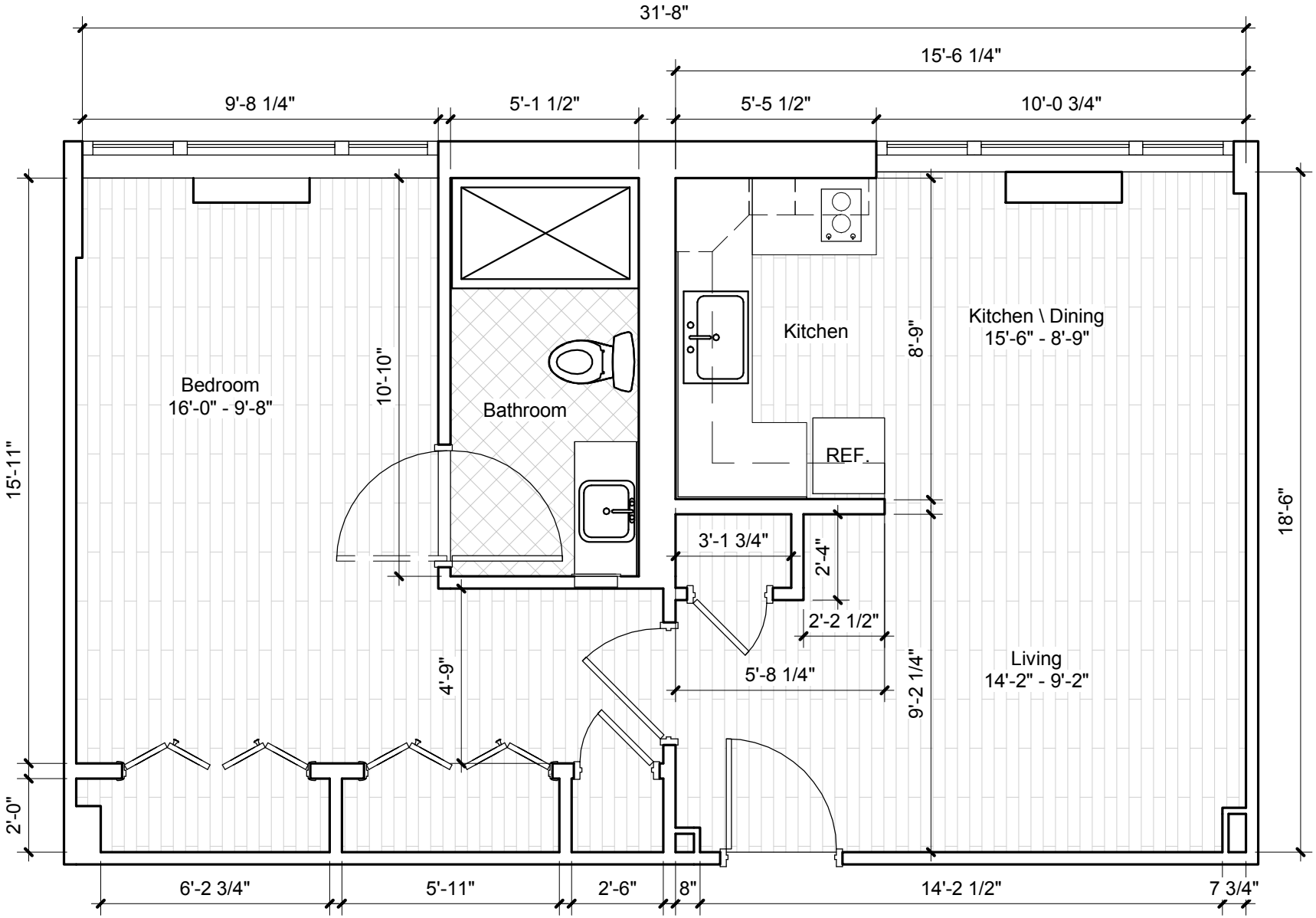
Call (773) 917-8174 or contact us to find out more about admissions



Approximately 337 Square Feet

THE SELFHELP HOME

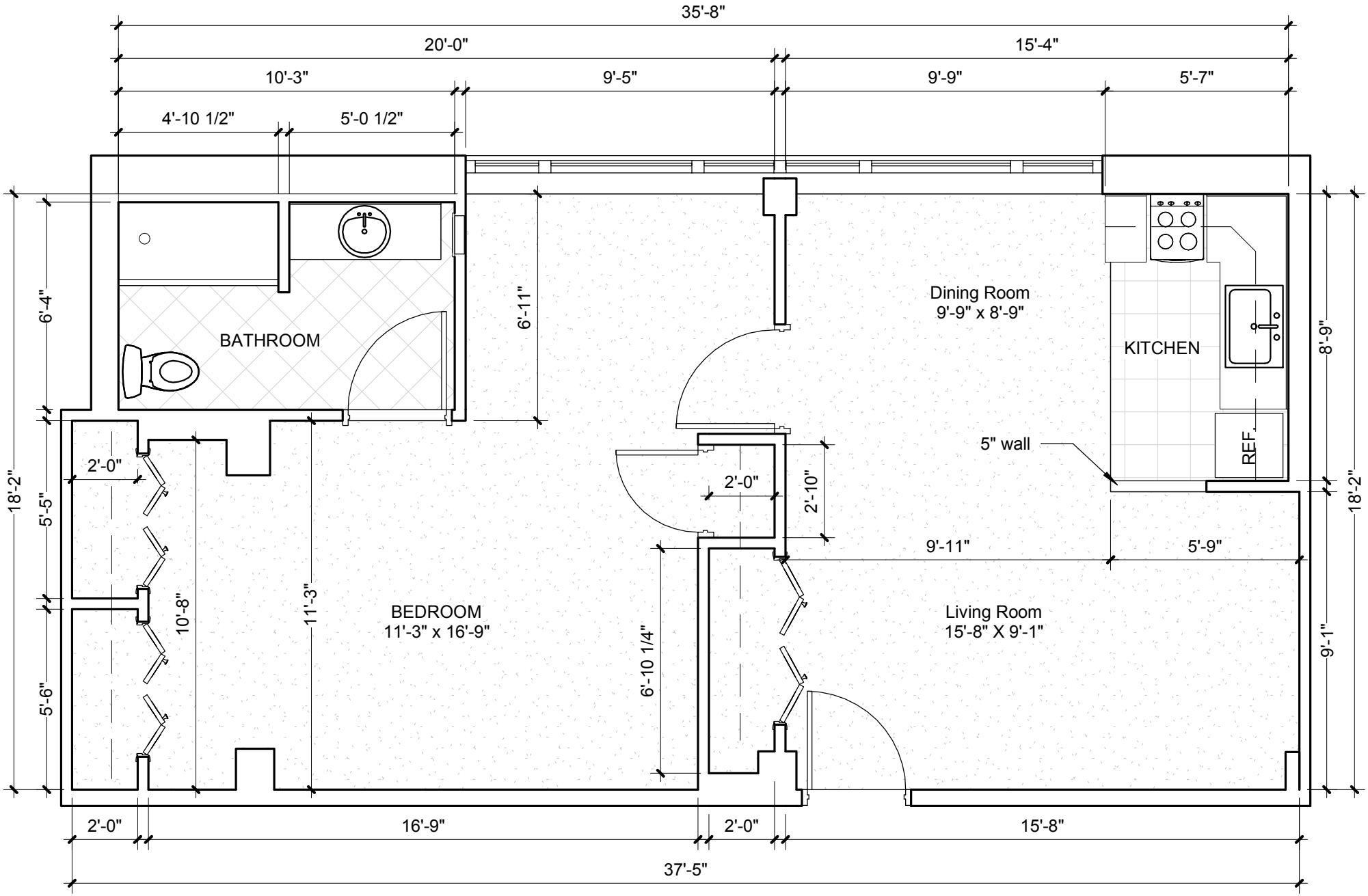
A TRADITION OF CARING



Approximately 590 SF

THE SELFHELP HOME

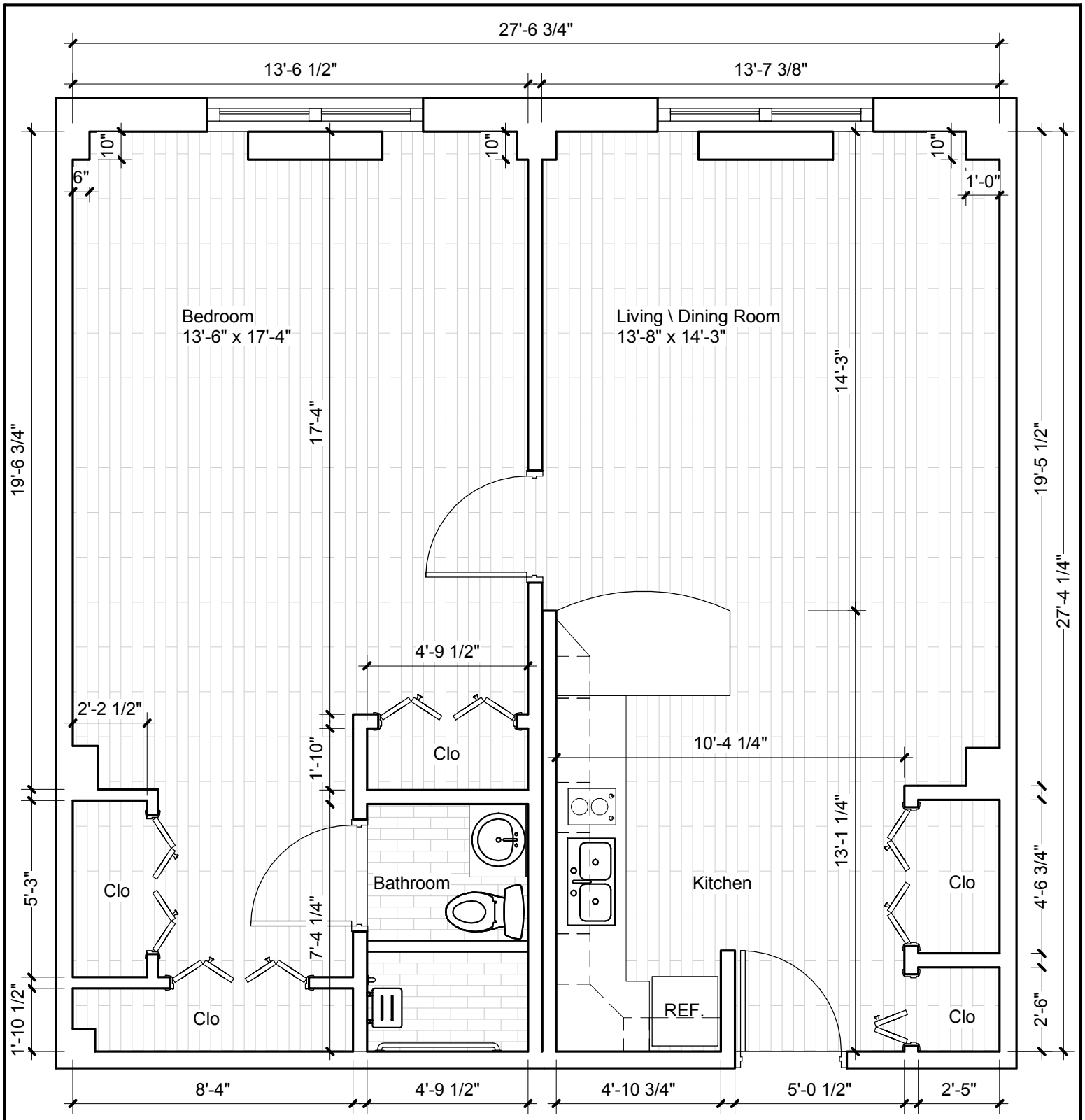
A TRADITION OF CARING



Approximately 661 SF

THE SELFHELP HOME

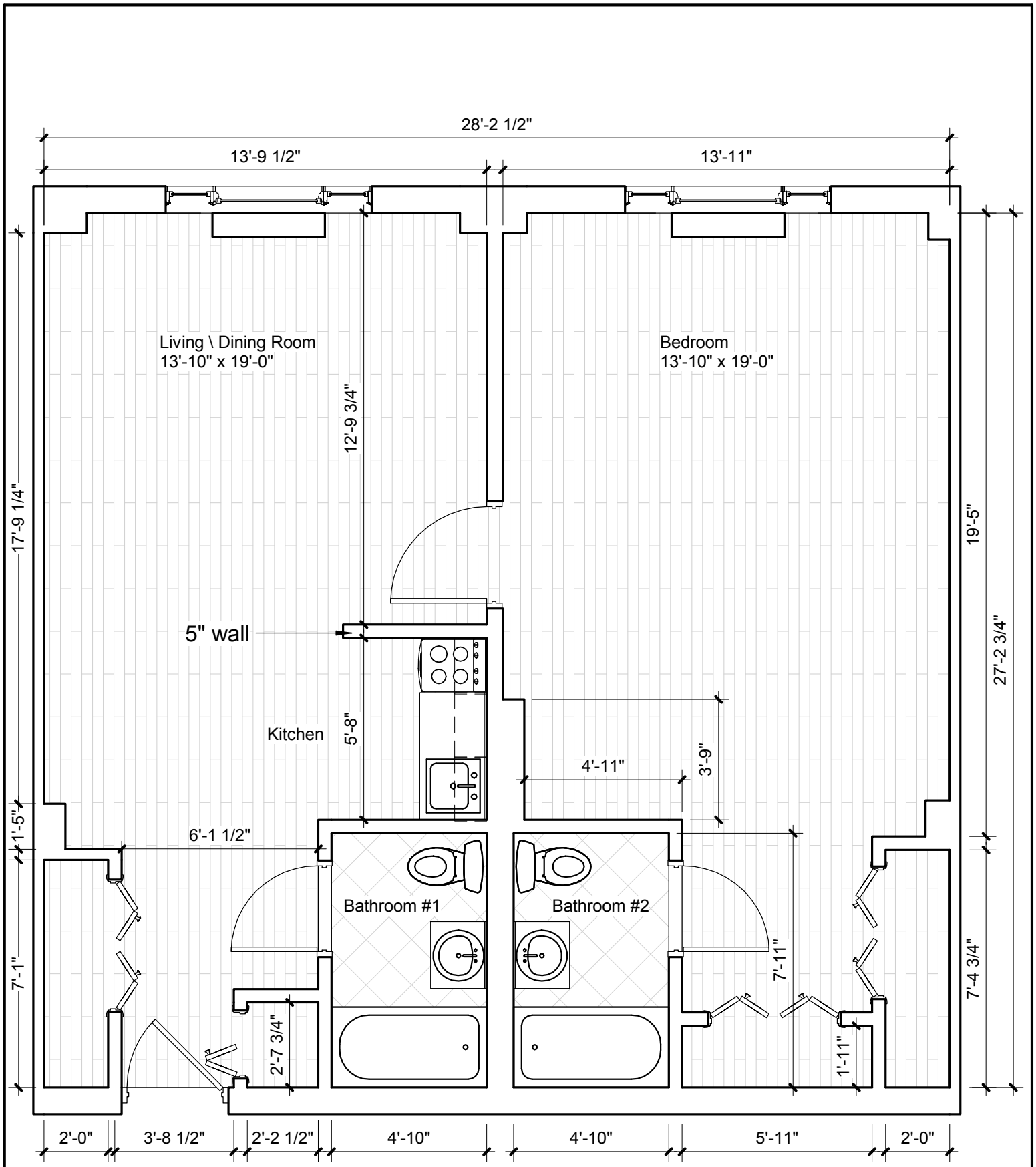
A TRADITION OF CARING



Approximately 725 Square Feet

THE SELFHELP HOME

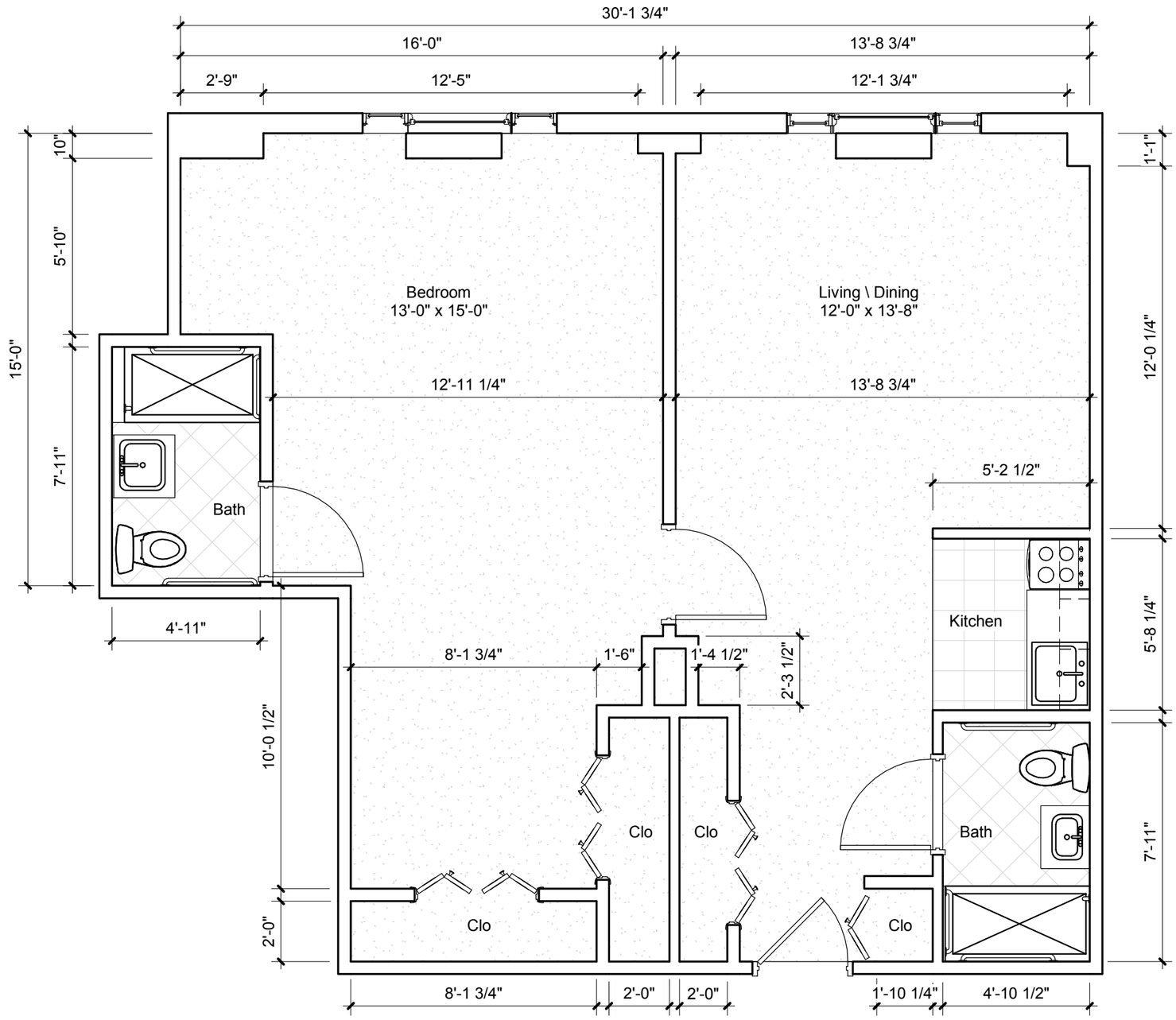
A TRADITION OF CARING



Approximately 756 Square Feet

THE SELFHELP HOME

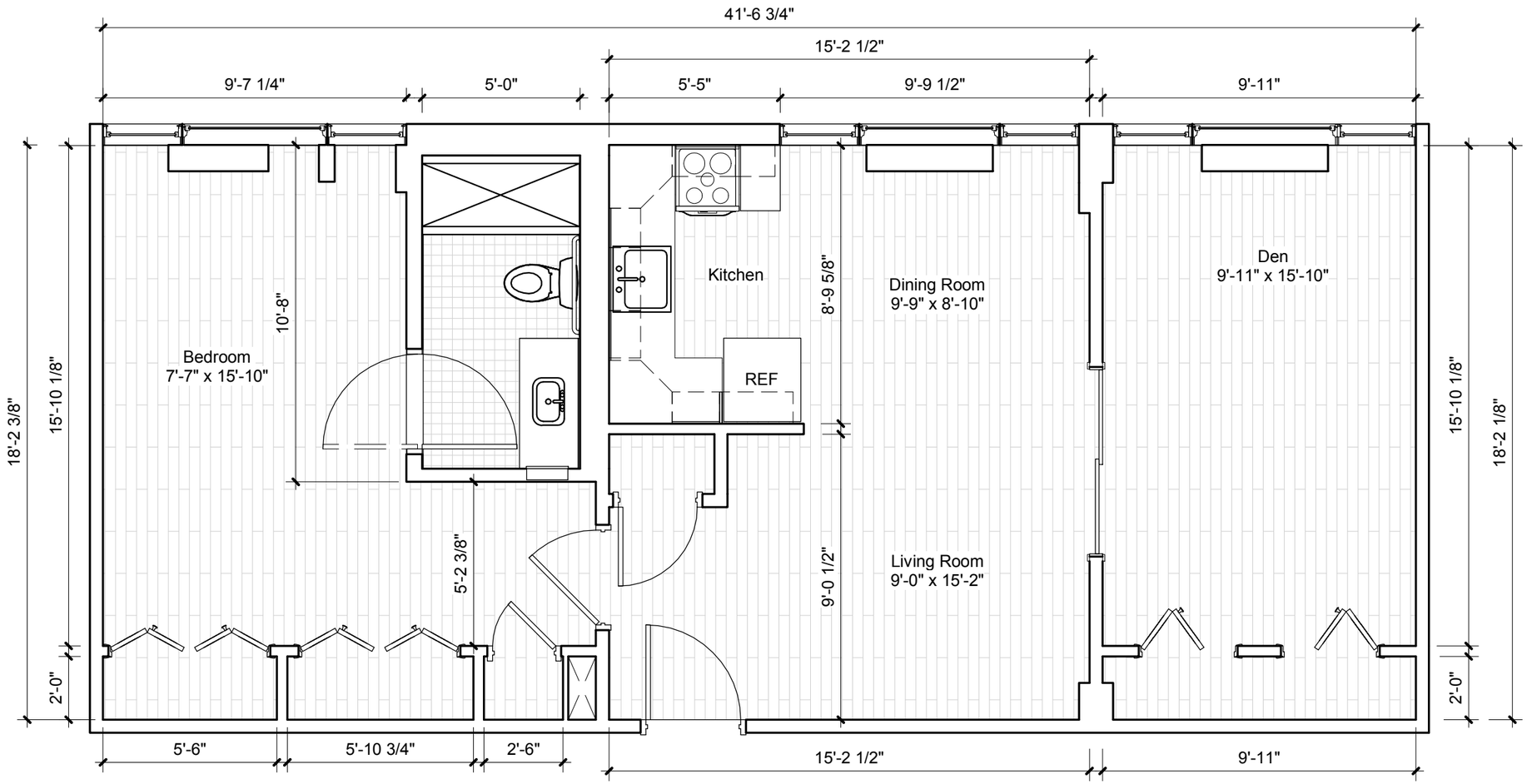
A TRADITION OF CARING



Approximately 770 SF

THE SELFHELP HOME

A TRADITION OF CARING



Approximately 775 SF

THE SELFHELP HOME
A TRADITION OF CARING