



# PHYSICIAN'S STATEMENT

I, \_\_\_\_\_, hereby authorize and request my physician, \_\_\_\_\_, to release and furnish all information regarding my medical history and current medical status to New Horizons, in conjunction with my application for residency at that facility. I further authorize any other health care providers and facilities to release future health care records and related information to New Horizons' designated Continuing Care Coordinator.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Applicant (or Authorized Representative)

*Please print clearly to expedite this application process.*

Applicant's name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

*Note to physician:* Your patient has applied for entrance to New Horizons at Marlborough and we require your opinion regarding program appropriateness. As a guide, page three contains a full summary of the programs we offer. To be eligible for independent living at *The Meadows*, each resident must be able to function independently in activities of daily living. New Horizons offers a special assisted living option with 24-hour certified home health aide staffing and also a separate 24-hour Alzheimer's care center and Mental Health Enhanced Care Unit. *It does not provide long-term nursing care or skilled nursing services.* Please keep these factors in mind as you evaluate your patient's present physical and mental health. If any answer herein requires additional space, please feel free to supplement this form.

Once completed, this form must be received by New Horizons before any action can be taken on the application. Thank you in advance for your vital, timely assistance. Please **mail** or **fax** this form to:

**New Horizons at Marlborough, LLC   ▪ 400 Hemenway Street   ▪ Marlborough, MA 01752   ▪ fax: 508-460-7682**

Present health status: \_\_\_\_\_

Allergies: \_\_\_\_\_

Special diet: \_\_\_\_\_

Current medications: \_\_\_\_\_

Medical history: \_\_\_\_\_

Recent hospitalizations (last five years) and diagnoses: \_\_\_\_\_

Is Applicant able to follow your prescribed medical regimen independently and accurately? \_\_\_\_\_

Comments: \_\_\_\_\_

Is Applicant able to perform the activities of daily living independently? \_\_\_\_\_

Comments/limitations: \_\_\_\_\_

Does Applicant use a walker? \_\_\_\_\_ Cane? \_\_\_\_\_ Wheelchair? \_\_\_\_\_

If wheelchair is used, can Applicant transfer on his/her own? \_\_\_\_\_

Does Applicant have difficulty with stairs? \_\_\_\_\_

Is Applicant oriented as to: Time? \_\_\_\_\_ Place? \_\_\_\_\_ Person? \_\_\_\_\_

Does Applicant have appropriate behavior patterns? \_\_\_\_\_

Please answer yes or no if Applicant has or has had a history of any of the following diseases or disorders.

Angina: _____	Asthma: _____	Sensory deficits: _____	Epilepsy/seizures: _____
Arrhythmia: _____	COPD: _____	Visual: _____	Parkinson's: _____
CHF: _____	Arthritis: _____	Auditory: _____	Dementia: _____
Hypertension: _____	Osteoporosis: _____	Speech: _____	Anxiety: _____
MI: _____	Alcohol abuse: _____	Cancer: _____	Depression: _____
CVA: _____	Drug abuse: _____	Eating disorder: _____	Decubiti/skin cond.: _____
Emphysema: _____	Incontinence: _____	Diabetes: _____	Communicable disease: _____

*If you answered yes to any of the above, please supply supplemental information including dates and prognosis:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Will you continue to follow Applicant after his/her move to New Horizons? \_\_\_\_\_

General comments: \_\_\_\_\_

Immunization (dates): Tetanus: \_\_\_\_\_ Influenza: \_\_\_\_\_ Pneumococcal: \_\_\_\_\_

**Per CDC guidelines, all applicants must have a tuberculosis screening within 90 days prior to move-in:**

Mantoux Test Results: Negative \_\_\_\_\_mm Positive \_\_\_\_\_mm Date \_\_\_\_\_

X-ray results: Date \_\_\_\_\_

<input type="checkbox"/> Normal	<input type="checkbox"/> Abnormal/TB	<input type="checkbox"/> No TB Infection
<input type="checkbox"/> Non-active TB Infection	<input type="checkbox"/> TB Suspect	

***I recommend this applicant for residence at New Horizons in the following program:***

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Apartment Style Living<br>at <i>The Meadows</i> | <input type="checkbox"/> Full-Service Retirement<br>Living in <i>The Meadows</i> | <input type="checkbox"/> Assisted Living<br>at New Horizons |
| <input type="checkbox"/> Alzheimer's Care<br>at <i>Hearthstone</i>       | <input type="checkbox"/> Mental Health Services<br>at <i>Robbie's Place</i>      |   |

Physician's name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_



## PROGRAM INFORMATION



### **APARTMENT-STYLE LIVING AT THE MEADOWS**

*The Meadows* program is designed for fully independent active seniors. A total of 59 luxurious one and two-bedroom residences are surrounded by more than 100 acres of pristine conservation land. Most residents of *The Meadows* enjoy a breakfast meal daily served buffet-style. Resident-sponsored activities are available, in addition to special emphasis on health and fitness in the on-site health club. The "Cottage" rental units are also available for those who prefer to prepare all meals. Monthly fees include heat, hot water, air conditioning, and basic telephone and cable service. Residents must be able to manage stairs and self-evacuate, in the event of a fire alarm.

### **FULL-SERVICE RETIREMENT LIVING AT THE MEADOWS**

Created for independent seniors who desire privacy but with more services, the Full-Service Program includes daily meals, weekly light housekeeping and all scheduled community activities offered as described below in the assisted living program. Residents in these 79 one and two-bedroom apartments are able to shelter-in-place in the event of a fire alarm.

### **ASSISTED LIVING AT NEW HORIZONS**

A personalized service plan is designed for each resident and may include assistance with personal care, self-administered medication management, meal and activity escorts, hourly night checks, evening preparation for bed, clothing rotation, light housekeeping and personal laundry. Personal care services are provided by Aveanna Healthcare, a Medicare-approved and private pay home health agency. More extensive service plans are available after consultation with the Service Coordinator. New Horizons provides a 24-hour receptionist and 24-hour nurse for medical emergencies. Residents enjoy three delicious meals served daily in a casual but elegant dining room, plus weekly housekeeping with flat linen service. Additionally, a complete activity program includes scheduled transportation, on-site religious services, a full medley of educational, recreational and social programs, exercise classes, and an indoor heated pool, featuring water aerobics classes. Monthly fees also include all regular utilities, as well as basic telephone and cable service.

### **ALZHEIMER'S CARE AT HEARTHSTONE**

Hearthstone at New Horizons is an independently operated program, providing residential and day programs. The caring, gentle staff offer a nationally acclaimed pioneer treatment program for seniors with Alzheimer's and other related dementias in a secure environment. Through a well-rounded program, they enjoy delicious meals and snacks, personal care, and meaningful social and recreational activities tailored to their interests and abilities. A lovely enclosed outdoor garden and walking path is accessible by Hearthstone residents for their exclusive outdoor enjoyment, in addition to a greenhouse that can be enjoyed throughout the year. Individuals may reside on-site or live at home and attend Hearthstone's convenient day program.

### **MENTAL HEALTH SERVICES AT ROBBIE'S PLACE**

Robbie's Place is a unique residential program that combines the traditional facets of Assisted Living with specialized psychiatric care for individuals with mental and emotional disorders. Owned and operated by Care Solutions, Inc., Robbie's Place is a 20-unit facility that provides a comfortable and supportive environment within the structured framework of a rehabilitative program. With the help and guidance of skilled and compassionate professionals, including psychiatrists, psychologists, medical internists, physical, occupational and speech therapists, residents of this secure Enhanced Care facility are enabled the opportunity to restore balance and revitalize their mental health. A resident's stay will vary depending upon individual needs.