ASSISTED LIVING

# THE WOODLAKE

1445 Expo Parkway, Sacramento, CA 95815

## ABOUT

THE WOODLAKE is an assisted living community in Sacramento, California 95815, providing assisted living for older adults in the Sacramento area.

For individuals and families searching for assisted living Sacramento, THE WOODLAKE is an option serving the 95815 area of Sacramento. Assisted living is a residential setting for older adults who are largely independent but want help with everyday tasks such as bathing, dressing, medication reminders, meals and housekeeping. Residents have their own apartment or room, with staff on site around the clock and shared spaces for dining and activities.

Families researching assisted living facility Sacramento, senior living Sacramento, or senior care Sacramento can use this listing to find the community and make contact. Assisted living communities typically provide personal care assistance, medication management, three daily meals, housekeeping and laundry, transport to appointments, and a programme of social and recreational activities. Levels of care are usually set by an individual assessment and can be increased as a resident's needs change.

THE WOODLAKE may also be relevant to families comparing assisted living options across Sacramento and the wider California area. Contacting the community directly is recommended to confirm current availability, pricing, the levels of care offered, and whether it suits the individual's needs.

## SERVICES

- Help with daily activities
- Medication support
- Meals and housekeeping

## CONTACT

**Phone** +1 (916) 472-5773

**Web** onelifeseniorliving.com/community/the-woodlake-senior-living

uborahealth.com


Details are drawn from published provider data and may change. Confirm availability, services and costs with the provider directly.

# THE WOODLAKE

Take this with you. Tick what you see, write down what you are told, and ask the same questions everywhere so visits can be compared afterwards.

## WHAT TO LOOK FOR

- [ ] Is the building clean and free of odour?
- [ ] Are residents up, dressed and engaged?
- [ ] Do staff speak to residents by name?
- [ ] How long do call bells ring before someone comes?
- [ ] Are bathrooms accessible, with grab rails?
- [ ] Is there safe outdoor space residents can use?
- [ ] Did you eat a meal, and was it good?
- [ ] Were you shown the actual room, not a model?

## WHAT TO ASK

- [ ] What is the staff ratio, day, evening and overnight?
- [ ] How many staff are awake overnight?
- [ ] What was staff turnover last year?
- [ ] What is included, and what costs extra?
- [ ] What would trigger a fee increase?
- [ ] What would mean my relative has to leave?
- [ ] How and when will you contact me?
- [ ] May I see the last inspection report?

## NOTES

Date visited / spoken: _____ Full listing: https://www.uborahealth.com/care-centers/the-woodlake-95815