

# Common Sense Services

*Committed to serving our community.*

CSS is a unique community-based resource for outstanding quality of services. Our participants include long time residents, who are welcoming to new participants, which shows a small community is like an extended family. We recognize and value individuals as they are now and for what they have experienced in their lifetime.

**Hours: Monday-Friday 7:30-5:00**

**Cost for Adult Day Services is determined by Level of Care.**

**Level 1: \$13.00/hour**

**Level 2: \$14.00/hour**

**Level 3: \$15.00/hour**

**Additional Costs: Lunch is \$5.00**

**Peace of Mind....**

**For Family Members and Caregivers to know that their loved one is being cared for in a supportive & supervised setting. Activities are individualized at times and also include social activities to include interaction with others which can improve health and emotion well-being for all.**

**Common Sense Services is Bonded and Insured**

**and licensed by the State of Minnesota.**

## Levels Of Care

### LEVEL 1: Core Services

This level of care provides:

- Some supervision.
- Socialization.
- Minimal assistance with activities of daily living such as eating, dressing, or using the restroom.

### LEVEL 2: Enhanced Services

This level of care provides:

- Monitoring by a nurse.
- Moderate assistance with one to three activities of daily living such as eating, dressing, or using the restroom.

### LEVEL 3: Intensive Services

This level of care provides:

- Regular monitoring or intervention by a nurse due to unstable conditions.
- Total care in one or more activities of daily living such as dressing, using the restroom, and eating.
- Moderate assistance with more than three activities of daily living at the center.
- Two staff to transfer to a chair, commode, or bed.

***Perspective participants are encouraged to do a tour at Common Sense Services and to do a brief assessment to assure that we can safely meet their needs.***

# COMMON SENSE 4 SERVICES

**Adult Day Services**

***Supporting Clients & Caregivers by providing meaningful & individual activities in a safe & life-enriching environment.***



**6415 Carmen Avenue  
Inver Grove Heights, MN 55076  
Telephone: (651) 552-0288  
Fax: (651) 552-0192**

**Visit us on the web at :**

**[www.commonsense4seniors.org](http://www.commonsense4seniors.org)**

## Our Programs

### *Our Mission*

***Common Sense Services*** works to strengthen people's abilities with dignity, respect, and integrity. We recognize and value individuals as they are now and for what they have experienced in their lifetime.... with respect and integrity.

**Our Program specializes in a variety of supervised adult activities throughout the day. Everyone is able to choose activities & express future goals to work towards**



## Adult Day Services

Our Day Center is a “one stop” resource for seniors and adults in need of assistance during the day. We provide a community setting with crafts, group outings, nursing care, and structure a daily group exercise, as well as other activities.

Our participants enjoy a safe place to take part in social and recreational activities with peers, and have a nutritionally balanced hot lunch which is catered into the center daily.

Our program is designed to meet the specific needs of each individual participant & provide them with the best care possible.

We do not require a minimum number of hours or days of attendance.

### Services Authorized:

- VA
- MA
- CADI
- Private

**Please call to schedule a tour and have an assessment done your perspective participant.**

Contact Kari or Kim to  
Schedule your tour at  
651-552-0288

## Healthy Lifestyle at CSS

At Common Sense Service, we invite participants to health assessments and activities that promote each individual to maintain or improve a healthy lifestyle.

### Some of these services include:

- Structured group exercise
- Meals planned by dietician
- Monthly nurse visit for vitals and any health concerns
- Health talks presented by nurse
- Daily walks
- Outings
- Active & Cognitive Games
- Live Music/Daily Music
- Pet Therapy

