



Transitional Living Frequently Asked Questions

~ What is CEDC's transitional living?

It is a setting that provides a non-clinical and supportive living environment for women 18 years and older who are recovering from anorexia, bulimia, binge eating or other types of eating disorders. This living situation is ideal for women who are transitioning from highly structured treatment programs such as inpatient or residential as well as those who are currently in outpatient treatment but realize that they are struggling with eating disorder symptoms and are in need of a supportive, recovery focused living environment.

~ Where is CEDC's transitional living located?

It is located in beautiful and vibrant Harvard Square in Cambridge, MA. It is a short walking distance from CEDC.

~ Will insurance cover the cost of transitional living?

No, unfortunately, insurance does not provide coverage for transitional living. Insurance generally covers Residential, Partial Hospital, Intensive Outpatient and outpatient services.

~ What is the monthly cost?

The monthly cost ranges from \$3,000 to \$3,500 depending on the size of the bedroom. The monthly cost includes a single bedroom in a three bed, fully furnished and newly renovated unit. The utilities, cable and internet are included in the cost. The fee also includes Life-Skills Coaching: Monday through Sunday from 7:00 am to 11:00 am and 3:30 pm to 11:30 pm, and a one hour weekly meeting at CEDC with a licensed clinician.

~ Is food provided?

No, this is an independent living with support built in for life skills such as meal planning, grocery shopping, cooking, budgeting, etc.

~ Is there a security deposit?

Yes, there is a \$1,000 refundable security deposit which is due with the first month's fee.



Cambridge Eating Disorder Center

~ What does each apartment unit contain?

Each unit's floor plan includes a living room, dining room, kitchen, two full bathrooms (one with whirlpool tub), in unit washer and dryer, and three bedrooms. All three units share a common recreation area that includes table tennis and a counter space perfect for doing arts and crafts.

~ What are the amenities in each unit?

Bedroom furniture includes a twin size bed, end table, desk and chair. Each bedroom has a large closet. Sheets, pillow, blankets and towels are provided. Each unit has a living room containing a sofa, love seat, coffee table, end tables, flat screen television, entertainment system, etc. The dining room in each unit has a dining room table with 6 chairs. The units' kitchens have a granite eating counter with two stools and include a microwave, blender, coffee maker, dishwasher, dishes, flatware and pots and pans.

~ Is it only for females?

Yes, we offer transitional living to females only.

~ Will I have a roommate?

The transitional living consists of three separate units. Each unit has three bedrooms. Each resident will have their own bedroom.

~ Are pets allowed?

No, residents are not allowed to bring their pets.

~ Can I start my lease at any time?

Yes, you can.

~ What does a Life Skills Coach do?

They will help support you and provide assistance during your transition from a higher level of care into independent living. They will assist in meal planning, cooking, grocery shopping, time management and identifying leisure activities.

~ What restrictions are there in transitional living?

There are rules such as curfews, no drug or alcohol use, restricted visiting hours, etc. The curfew is 10:00 pm – Sunday through Thursday and 11:00 pm – Friday and Saturday evenings.



~ What items are not allowed?

You cannot bring with you scales, alcohol, illegal drugs, candles, incense and magazines or media that promote unhealthy behaviors. You need to receive prior permission before bringing furniture into the apartment.

~ What items will I need to bring from home?

Transitional living provides completely furnished apartments. You may bring items that will make you feel comfortable and at home. This may include pillows, a comforter, laptop, cell phone, books, arts and crafts materials, etc. You will need to bring your toiletries, laundry basket, hairdryer, prescriptions and over-the-counter medications.

~ Can I have visitors?

Visiting hours are between 7:00 pm and 9:00 pm Monday through Sunday.

~ Can I take overnights?

Yes, you can, but it must be approved by your staff. 48 hours advance notice is required.

~ Why do I need an outside treatment team?

The transitional living is not a treatment program. It is a supportive living environment.

~ Will I need a car?

No, you will not need a car. Everything you may need is within a walking distance and public transportation is easily accessible.

~ Will I need to have daily structured activity?

A minimum of 30 hours of day time structure is required per week. This can include a partial hospital program, taking classes, working, volunteering in the community, etc. If these activities are not in place, the Life Skills Coaches will assist you in finding activities to meet the day time structure expectations.

~ What is the application process for CEDC's transitional living?

Please call (617) 547-2255, extension 222 for an initial phone screening. You will also need to complete and submit an intake questionnaire. You will also be able to schedule a tour.