



## How to choose an Assisted Living Facility

Choosing the right Assisted Living facility for yourself or a loved one is really no different than the process one goes through when finding the right house. The good news is that for most of us, when we sit we know it! The location will be convenient, the layout functional, the living space warm and inviting, the staff attentive and helpful, the atmosphere active and full of fun.

That said, because there is the "Assisted Living" functionality that comes along with this decision taking the time to find the right facility is the key to a residents long term living experience. We have put together the following information to help trigger the questions you want to consider before choosing which facility to make your home. We believe this list is quite comprehensive, and will be very helpful, but at the end of the day we encourage you and your loved ones to trust your initial feelings. Gage your reactions to buildings using all your senses and you will likely know when you have found the right "home".

### **Provider Agreement/Policies:**

- Do the facilities services match my needs?
- Have I reviewed the terms of the admissions agreement?
- Is the unused portion of the rent refunded upon transfer/discharge?
- Do I get to keep my own doctor?
- Are the specific services offered clearly identified in the agreement?
- Have I review the house rules?
- Have I reviewed all of the reasons for which I may be transferred or discharged?

### **License/Certification:**

- Is the facility licensed by the state and in good standing?

### **Space:**

- Is the bedroom private or shared?
- Is the bathroom private or shared?
- Are the shared areas clean?
- Is there space for personal belongings and can I bring my own furniture?
- Does the floor plan allow for easy mobility for me?
- Are there private areas other than the bedroom for visits?

**Safety:**

- Is bathroom safety equipment installed or available if needed?(grab bars, raised toilet seat)
- Is there a call system?
- Are walkers/wheelchairs permitted?
- Are hallways and doorways wide enough for wheelchairs?
- Personal Service: Does the facility provide?
- Assistance with dressing?
- Assistance with bathing?
- How many times per week is bathing provided?
- Assistance with toileting?
- Assistance with incontinence? Does this include assistance with bowel and bladder?
- Assistance with transfers from wheelchair to bed, etc.
- Assistance with medications?

**Staff:**

- What is the operator/administrators training?
- Does staff receive training to work with special needs or behaviors, such as dementia?
- Is there high staff turn-over?
- What is the ration of staff to resident?
- Are staff awake at night?