



Assisted Living Guide & Checklist



www.AssistedLivingCenter.com

You Don't Have To Do This Alone

Making the decision to move into assisted living is not an easy decision. Considering there are over 30,000 licensed assisted living communities in the United States to choose from it can be overwhelming to even know where to start.

This Guide Is Your Starting Point

This guide and checklist was designed to not only educate you about assisted living and what it offers but also what to look for in a community through every step of the process from researching communities online, to touring communities and finally the choosing the community that is right for you or your loved one.



Help Is Just A Phone Call Away

While we did our best to provide you with everything you need to know it's impossible to answer every question in this guide. You can speak to a senior living advisor that can answer any questions you may still have, there's no obligation and it's free!

Call us today! 800-755-1458

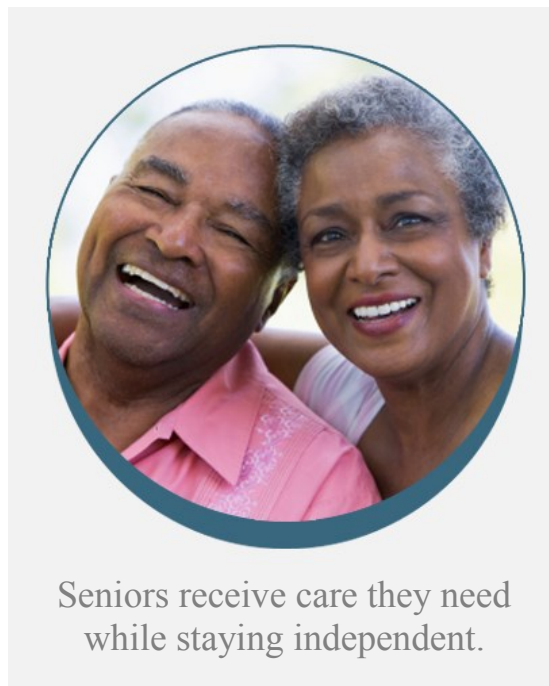
Assisted Living Guide

What is Assisted Living?

Assisted living communities balance the needs adults have for specialized care services with their desire to remain as independent as possible.

Each assisted living community is different, but all communities maintain the same general aims.

They wish to help their residents enjoy their lives, free from most of the burdens of daily life. They also provide medical and personal care to those who need it.



Seniors receive care they need while staying independent.

Why Assisted Living?

At some point in their lives, many adults realize that they can no longer provide the standard of care they need to remain independent in their own homes.

Assisted living communities are one option they can select to help them manage their medical and personal needs without having to eliminate their autonomy.

Most facilities approach assisted living as a vibrant community with many opportunities for entertainment, socializing and for residents to lead a generally satisfying life.

Amenities

Residents in assisted living communities can expect the facilities to be well-kept, with services designed to engage them and help them stay healthy.

Most communities offer shared spaces for dining, entertainment and activities for residents and guests. Some communities have special facilities for exercise, swimming and outdoor entertainment.

Assisted living communities also offer a number of personal care services, as well.

- Housekeeping services
- Personal grooming
- Laundry services
- Health and medical care
- Transportation to/from appointments in external clinics or hospitals
- Care for cognitive impairment, such as Alzheimer's



The ultimate goal is to use skilled staff members to provide care that adults cannot provide for themselves. This care leaves residents able to provide for many of their own needs, unencumbered by their personal limitations.

Assisted Living Pricing

The cost of assisted living communities will vary largely based on the area, living arrangements and services provided. However, prospective applicants often discover that assisted living is less expensive than hiring private home health care or moving to a nursing home.

In most communities, there are different pricing models for a selection of room types, as well as additional service packages. Rates may be charged on a month-to-month basis, or as part of a longer-term contract. Some financing is available from local or federal government programs.

Rules and Regulations

All assisted living communities must be licensed by the state of residence for care and housing of residents. Each facility should also publicly post a residents' bill of rights for review by residents, guests and other interested parties.

All communities must follow local and state regulations for safety and security in shared spaces. State regulators inspect communities regularly for adherence to appropriate laws. The executive director of the community can provide the results of the latest survey.

Assisted Living Checklist

These checklists are designed to guide your research, exploration and ultimate decision-making for the community that will best serve the needs of your loved one. Each checklist will help you analyze respective communities for their services available, pricing and overall standard of care.

Research

Getting a head start on research is the best way to select the communities that have the right balance of services and activities. Most of this research can be obtained by visiting a community's website or Assisted Living Center. You may need to call or visit in-person to answer other questions or arrange for a tour.

Location

Where is the community located in the city?

- What is the area like for safety? Is there a high crime rate in surrounding neighborhoods?
- What about resources in the area? Is the community close to shopping, dining, entertainment options?
- If the facility is not qualified to provide all levels of care, are there other institutions nearby to fulfill those needs, as necessary?
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Visiting

What are the community's typical visiting hours?

Research (continued)

- How do staff members handle visits during regular visiting hours?
- Are there times (such as bathing or treatment appointments) during visiting hours when staff members do not permit visitors to arrive or stay?
- Is the community easy for you, other family members and friends to access?
- Are there convenient hotels nearby for out-of-town visitors?



Reviews

Do you know anyone who lives/has lived in the community? What do they think of the living arrangements and services provided?

- When you read reviews online of the community, are the reviews generally good or bad?
- What, if anything, has the community done to address negative concerns about facilities, staff or services?

Preparing For a Tour

Do you need to schedule a tour before you arrive, or can you drop in unannounced to see the facilities?

When is the best time to schedule a tour?

How long is the tour?

- What does the tour entail?
- On the tour, will you be able to try the food, test out the facilities or talk with residents? Oftentimes, attending a meal or activity will help you get a better idea of the general management of the facility.
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Community Tour

When you take a tour of a community, be sure to ask questions and take notes so you can ask questions at the end.

Structure

- How are the buildings and facilities maintained? Are they well-kept?
 - Is there an enclosed area for residents to gather outside for exercise or entertainment?
- Are there ample parking spaces for residents, visitors and staff members?

Starting the Tour

- What is the demeanor of your tour guide? Is s/he interested in your questions and engaged with the discussion?
- How does the tour guide relate to residents in the community, and prospective residents on the tour? Are they treated with respect?
- Are you given the opportunity to interact with other staff members?

Living Spaces

- How many rooms are shared spaces for residents, and what are their designated purposes?
- When are these rooms open for residents' use?
- Are there shared resources for residents, such as games or greenhouses?
- Would your loved one enjoy these rooms?
- Are hallways easy to access, with plenty of lighting, handrails and space for wheelchairs?

Community Tour (continued)

Resident Rooms

- Are you able to see all of the room types available, including the type you prefer?
- Are the rooms mostly shared or private?
- What are the bathroom facilities like? Are they up-to-date?
- Does each room have its own bathroom equipped with disability access?
- Are there multiple lighting options for each room (e.g. not just fluorescent lighting)?
- Do all the rooms have windows with a pleasant view?

Services/Activities

- Who oversees the activities and services provided for residents?
- What is the schedule for all activities in the community?
- Is there enough variation in activities that most common interests are represented?
- Do the residents have opportunities to interact with people from nearby communities?
- Do staff members appear at all times to treat residents with care and respect?
- What services are available for residents?
- What happens if a resident needs care beyond the skill level of the community's staff members?

Community Tour (continued)

Dining

- What is the condition of the community's kitchen? Is it well-stocked and sanitary?
- Is the dining room clean and orderly?
- Are kitchen staff members trained to accurately manage dietary restrictions?
- Are residents allowed to keep food or snacks in their rooms?
- When are meals and snacks served?
- What is a typical menu?
- Could visitors share a meal with residents?
- Do facilities exist for families to host special, private parties?

Follow-Up

At the conclusion of your community tour or after you arrive at home, you may have other questions about the community, its facilities, pricing or services. Take the time to get answers to your questions before you make a final decision.

Paperwork

- When was the most recent state regulatory inspection, and what are the results?
- What are residents' listed rights within the community?
- What are the terms of the admission contract?

Pricing

- What is the total cost for housing, care, food, activities and other services?
- What common services (e.g. transportation, laundry, haircuts, housekeeping) are not included in the basic fee? How much do these services cost?
- Are there additional fees for establishing residency, such as move-in or application fees?
- Does the community require that residents obtain renters' insurance for their rooms?
- Once the contract has been signed, when will rates go up, if at all?
- Does the community provide assistance in preparing paperwork for government-funded services such as Medicare, Medicaid or VA?

Follow-Up (continued)

Services Provided

- Who determines the care plan for each resident? How is this assessment obtained?
- Who has access to the care plan?
- What is the training required for staff members who provide dining, physical care and medication services?
- What resources are available for services from doctors, nurses and other medical providers? How is access to these services determined?
- Is an adult day care program available?
- Are there opportunities for married residents to socialize privately?
- How do staff members handle residents' sexual activity?
- Are staff members trained to manage medical or facility emergencies? What is standard procedure in these instances?