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Free Advice. Local Experts.

## **ASSISTED LIVING CHECKLIST**

### **Location**

- Will the location be convenient for family and friends to visit? As your loved one needs additional care and support, you will probably wish to visit more frequently.
- Is the area of town the community is in safe and free of crime?
- Are there shopping centers and entertainment opportunities nearby?
- Is there a nearby hospital?
- Is there a physician that makes rounds onsite? If not, how far away is it to a physician's office?

### **Physical Plant**

- Does the community seem clean and well maintained?
- Is the community free from odors?
- Is the community handicap-accessible (doorways, sidewalks, hallways, and rooms)?
- Are there features like handrails in the hallways and elevators if the community has more than one floor?

- Are there handrails in the bathrooms? Is there a walking shower? Is there room for a wheelchair?
- How far is the walk from apartments to the common areas such as the dining room and activities areas?
- Is there a 24hour emergency response system? Ask to see it and be sure it is accessible in the bathroom as well as the main living and bedroom areas of the apartment.
- Are there smoke alarms and sprinklers in the apartment and throughout the community? Are residents allowed to decorate their apartment as they like including hanging pictures on walls?
- Are exterior doors kept locked during the daytime hours? In the evenings?

## **Personal Care & Assistance**

- Is there a nurse onsite 24/7? Or is there a nurse on call 24/7? What are their credentials?
- What specific services are included in the monthly fee? Are there additional levels of care charges? What services are not included?
- What type of credentials do their caregivers have and what kind training do they receive?
- Are residents allowed to age in place? If not, at what point are they required to move to a higher level of care?
- If residents are allowed to age in place, what services are available when they need additional care?
- Are there any programs in place to help with residents who might wander?
- Is staff available to help with ADLs (Activities of Daily Living) 24hours a day?
- Does staff assist a resident in taking medications? Is there an additional fee for this? If they are able to, are residents allowed to administer their own medications?
- What is the process for handling medical emergencies?

- Are housekeeping and laundry services included in the monthly fee? If not, how much are residents charged for these services?

## **Program Services**

- Are there planned activities that allow residents the chance to socialize while recognizing they may have limited mobility and physical challenges?
- Are events and activities planned for evenings and weekends too?
- Are there intergenerational events planned with local schools, scout troops, and youth organizations?
- Are there additional fees to participate in daily programs?
- Are there planned outings to entertainment complexes and events in the community on a weekly basis? Is the transportation that takes residents on outings handicapped accessible?

## **Dining Services**

- Are all three meals included in the monthly fee?
- Are beverages and healthy snacks available all day long?
- Does a dietician help in menu planning?
- Does the dining room and kitchen look and smell clean?
- Are tables and chairs clean and in good repair?
- Can the community accommodate special dietary needs?
- Is the dining room easily accessible to those with wheelchairs?

- Are there staff members available to help escort residents to the dining room at meal time?
- Observe a meal and note if there is additional staff to help accommodate the increased physical needs assisted living residents sometimes require.

## **Talk With Current Residents & Family Members**

- Introduce yourself to family members you see arriving and departing as you tour. Ask them how long their loved one has lived there? What do they like and dislike about the community?
- Introduce yourself to residents you pass on the tour. Ask them how long they've lived there and how they like it.
- Ask current residents what they like and don't like about the community.
- Pay attention to the appearance of current residents. Do they seem cared for and well-groomed?

**Call us at 866-342-4297 for more information on assisted living in your local community. We can help you find the care provider that best meets your needs.**