

## ASSISTED LIVING FACILITIES

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All areas in the facility should be easy to get around in and have:

- doorways and walkways that easily accommodate walkers and wheelchairs;
  - elevators as an alternative to stairs;
  - an outdoor area;
  - rooms with features you desire, such as windows, kitchenette, bathroom handrails, etc.; and/or
  - clean and well-maintained common rooms.
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Ask about services you want, including:

- interesting activities or clubs for you, including fitness programs;
  - scheduled transportation or on-demand transportation;
  - housekeeping and laundry services;
  - hairdresser, barber, or other personal grooming services; and/or
  - religious services.
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Important medical care considerations include:

- How are medications handled?
    - Can you self-administer medications?
    - How is this done if you need assistance managing medications?
  - How medical emergencies and non-emergency medical situations are handled?
  - How visits from physical therapists, occupational therapists, medical specialists, and physicians are scheduled?
  - What degree of medical care is provided by the facility, including nursing coverage and the number of aides?
  - How long before you would need to move to another type of care facility?
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Important staff qualities include being:

- warm and welcoming to residents and families;
  - kind and respectful with residents, including referring to them by their names;
  - helpful and attentive, but not overworked; and/or
  - able to communicate clearly with residents, families, and other caregivers, without language or communication barriers.
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Other important considerations for staff members include:

- If they wear nametags;
  - If they knock before entering a resident's room;
  - If there is adequate personnel during weekdays, weekends and holidays, evenings, and overnight;
  - If they have consistent caregivers on a daily basis, as possible; and/or
  - If they've been vetted via background checks to ensure they haven't been found guilty of abuse or neglect.
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You should be comfortable with the residents and the facility culture by determining if:

- the current residents seem happy and comfortable;
  - the residents socialize with each other;
  - you are able to talk with residents about their experience at the facility;
  - you think that you and your roommate will get along when you are considering sharing a room; and/or
  - there are other options if you don't.
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In order to be sure meals are enjoyable you should:

- be sure the menu appeals to you and the kitchen can accommodate religious or medical dietary needs;
  - observe or participate in a meal at the facility; and/or
  - ask about the option of eating in your room rather than in the dining room or a packaged meal, bringing non-resident guests to dinner, holiday dining schedules, and if alcohol is served/available at meals.
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