

# Assisted Living Visit Checklist

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*Assisted living aims to help aging adults maintain independence by offering support with the activities of daily living. So what do you need to look for to choose the right community?*

*Start with this checklist when you visit and tour.*

## Location:

- Community is conveniently located for family and friends to visit
- Surrounding neighborhood is safe and free of crime
- Entertainment venues, shopping centers and dining opportunities are close by
- Medical facilities – and personal physician – are near

## Personal Care & Support Services:

- What is the staff-to-resident ratio?
- Is a nurse is on-site or on-call 24/7
- The community is well staffed during the overnight hours
- A 24-hour emergency response system is in place
- A plan is in place for the resident who needs additional care and support, including moving to a different care community
- During visit, residents look tidy and well cared for
- Caregivers interact with residents in positive, calm and respectful ways
- Visitors are greeted promptly and warmly

## Financial Affairs:

- You have a list of services included in the monthly rent – and a list of additional possible monthly fees
- You have a list of care charges
- Housekeeping and laundry services are included in the monthly fee
- Transportation is included or assessed an additional fee
- What is the annual rate increase percentage? – When does the increase occur?

## Caregiver Experience & Training:

- Background checks are completed prior to hire
- Staff is screened and evaluated for their ability to work with older adults in the assisted living setting
- The community has its most recent survey results posted or displayed for families to review
- Staff are trained and retrained regular intervals -Montessori

## Life Enrichment Programs:

- Activities are scheduled throughout the day and evening
- Programs are offered that engage mind, body and spirit
- Senior-friendly fitness classes are included
- Groups, clubs and informal resident gatherings have well-lighted, convenient, dedicated spaces
- Regular outings to local restaurants, entertainment venues, museums and other destinations of interest to residents – transportation included
- Outdoor spaces are available for walking, gardening and recreation

## Dining Services:

- Dining room looks and smells inviting, and the setting allows easy access for wheelchairs and assisted walking
- Dining room table, chairs and linens are clean and in good condition
- Outdoor dining is an option when weather permits
- Residents dine during designated meal times only
- Three daily meals, snacks and beverages are included in the monthly rate

- Residents may invite guests for meals

## Physical Plant:

- Resident apartments have safety features including an emergency alert system and a fire suppression system
- Safety features are in place such as handrails and grab bars
- Residents are free to decorate their apartments according to their personal taste
- Additional storage is available for residents
- Community is clean and well maintained
- Parking area is convenient and well lighted

And finally, note how you feel. Does the community look and feel like a place you would be comfortable calling home?

If you have the chance to interact with other residents and their families, what can they tell you about the community?