

omnilife senior living and the sanctuary senior living facilities are committed to help you and your loved one find the right solution and have the best outcome possible. The below questions and considerations are provided as a resource to allow you to make informed decisions, know specifically what to look for and can also assist in determining what's most important to you and your loved one.

## WHAT SHOULD YOU LOOK FOR WHEN SELECTING A FACILITY?

The decision to place a loved one in an assisted living or a nursing home is always difficult. Media stories and publicity can make the choice even more troubling. Here are a few steps to help you make a good decision:

1. Tour the facility, look for evidence of cleanliness and the absence of odors. Try returning later to make the same observations during a different shift or time of day and notice any differences.
2. Meet the administrator and head nurse at the community. See if one or the other can direct your tour and ask the staff if they see these management people out of their offices and active in the building.
3. Meet the staff members working in the therapy areas and ask to observe them working with residents.
4. Find out if there is a residents' council composed of representative families and those living in the facility and the names of individuals you might contact.
5. Ask how the nursing home was rated during its last state survey and if there were any deficiencies. To double check, log on to the Medicare ([www.Medicare.gov](http://www.Medicare.gov)) nursing home information web site and follow the directions to find the names of the homes you are considering.
6. Review our Frequently Asked Questions listing (below) for a checklist and questionnaire to familiarize yourself with questions to ask during a Visit to a senior community.

## QUESTIONS TO ASK WHEN SEARCHING FOR A SENIOR LIVING FACILITY?

1. Is the facility licensed by the appropriate State agency?
2. Is the facility Medicare and/or Medicaid certified?
3. What services are included in the daily rate?
4. Is there a security deposit or endowment required? Is it refundable?
5. Does the facility offer therapies (physical, speech, occupational, respiratory, restorative)?
6. What is the staff to resident ratio?
7. Does the facility use "Agency Staffing"? (Staffing that is acquired through an agency and not hired personally at the facility).
8. Is there an orientation process for all staff?
9. Do the staff receive continued education training?
10. Is there a medical director?
11. Is the facility staffed by at least one RN or LPN at all times?
12. Is there a licensed social worker on staff?
13. Is there a dietician on staff?
14. Is there an activities program? If so, request a calendar of the activities for the month.
15. Are there religious services and activities?
16. Are there activities outside of the facility?
17. Are there specific visitation hours?

18. Are there opportunities for the resident and family to get involved in care plan development?
19. Are there special programs for incontinence care?
20. Does the facility contract with hospice for care of the terminally ill?
21. Is there a Residents' Council and/or a Family Council?
22. How are roommates selected?
23. Is there a menu selection at meals?

### **OTHER THINGS TO CONSIDER WHEN VISITING A NURSING HOME:**

1. Is there space where residents and families can meet privately?
2. Is there a beauty shop?
3. Is there a library?
4. Are there comfortable lounges?
5. Is the facility clean and without odor?
6. Is the facility well lighted?
7. Are residents well groomed and neatly dressed?
8. Are there activities going on?
9. Are residents engaged in conversation with one another?
10. Is the facility spacious and wheelchair accessible?
11. Is there a patio or sidewalk that allows residents the opportunity to go outdoors?
12. Is the staff pleasant and responsive to residents?
13. Does the staff speak and treat residents with respect?
14. Are the resident rooms spacious and do they have enough windows?
15. Are meals attractively served?
16. Are call lights/bells answered quickly?

### **QUESTIONS TO CONSIDER WHEN SEARCHING FOR AN ASSISTED LIVING COMMUNITY**

1. Is the facility licensed?
2. What is the daily/monthly rate?
3. What services are included in the daily rate?
  - Meals (3 per day)?
  - Housekeeping?
  - Laundry (personal and bed linens)?
  - Cable Television?
4. Does the facility provide additional assistance if needed?
  - Medication Administration?
  - Assistance with bathing and other daily activities?
  - Incontinence Care?
  - Dementia/Alzheimer's Care?
5. Is there a security deposit or endowment required? Is it refundable?
6. How often are rates increased and how much notice is given to the resident and family?
7. How much notice must I give if I choose to move-out?
8. Will I have to leave the facility if I need additional services?
9. Will a staff member assist me in locating another facility if I am required to move?
10. Do I have to pay the daily rate while I am away or in a hospital?
11. What will happen if I run out of funds? Will I have to move?
12. Are there therapy programs available? (Physical, Speech, Occupational, Restorative)
13. What is the resident to staff ratio?
14. Is there assistance available 24 hours a day?

15. Can I bring my own furnishings?
16. Are there restrictive hours for guests and visitors?
17. Are there emergency call lights in each apartment?
18. Is there an activities program? If so, request a calendar of the activities for the month.
19. Is transportation to area events provided?
20. If I am ill, do I need to eat my meals in the dining room?
21. Are residents permitted to have pets?
22. Is alcohol and tobacco allowed?
23. Does the facility provide Respite Care?
24. Does the facility provide an Adult Day Program?
25. Is skilled licensed nursing care available if necessary?
26. Is the assisted living facility attached to a licensed nursing home?  
(This is important if the resident is going to be able to use his/her Medicare part A benefits.)