

Tips For Choosing the Right Senior Assisted Care Home or Senior Assisted Living Facility



It is often difficult to know what to look for when choosing an assisted living facility. Especially when you are looking for a loved one and there is so much emotion attached with having to even consider an assisted senior care home. It's tough.

We have designed this checklist for you to allow you to print it off and have it with you as you search for options. Print one for each senior home you may be researching or considering. It will be helpful.

Tips for Choosing a Senior Care Home or Assisted Living Facility Checklist

Considerations	YES	NO
Do they offer personalized plans to accommodate your senior?		
Do they offer 24 hour support?		
Do they offer access to care, health and medical services?		
Do they have exercise and wellness programs? If so, what kind and will your senior enjoy them?		
Do they have offer social and recreational programs/activities? If so, what kind and will your senior enjoy them?		
Does the staff seem friendly and knowledgeable? Tip 1: Call or visit a few times at different times of day to see more staff. Tip 2: Stop by for unscheduled visits to see what happens. Tip 3: Look for family members of existing residents and ask what they think		
Do they offer a healthy menu and accommodate dietary restrictions?		
Is the environment clean and safe?		
Do they have an emergency system in place for any reasons (fire, medical, security and other)?		
Notes:		

Learn more about deciding what needs your senior may have for in home care instead:

<http://seniorslifestylemag.com/care-giving/senior-in-home-care-would-you-know/>

<http://seniorslifestylemag.com/care-giving/is-your-senior-aging-safely-at-home/>