

# ASSISTED LIVING: PERSONAL CARE

*A checklist of personal and health care questions to ask when you and your loved one visit an assisted living facility.*

## Personal Care

In addition to the questions below, ask the facility to specifically describe how it meets known care needs such as incontinence, mental health, supervision, or dementia. Take into consideration that more care may be needed in the future.

## Meeting Individual Needs

**What kind of assessment is done to determine the resident's needs? What are the qualifications of the person conducting the assessment? How often is the assessment done?**

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**What happens if the resident's needs change?**

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**How does the facility tailor the schedule for bathing and dressing to accommodate the preferences of residents? Can changes be made?**

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**How does the facility help residents maintain their ability to care for themselves, especially in regard to toileting, dressing, and eating?**

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**If a resident displays a difficult behavior, what steps will the facility take?**

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How often is the resident's room cleaned?

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Is there a schedule for staff to check on a resident's whereabouts and well-being?

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## Staffing

How many staff members are there for each shift? What are their responsibilities?

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What is the training/certification of the staff members who care for residents? What are the trainer's qualifications?

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How many residents are assigned to each direct care staff member? What other duties do direct care staff have during these hours?

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Are there direct care staff who speak the resident's native language clearly?

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Is there special training for staff regarding dementia and Alzheimer's disease? How long is the training?

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**Are staff members trained to deal with aggressive individuals? Wanderers?**

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**What if the residents don't like the staff member assigned to their care?**

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**What is the staff turnover rate?**

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## **Emergencies**

**Who decides whether to call 911? Are there written policies about how that decision is made?**

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**What kind of emergencies are staff expected to handle and how are they trained for them?**

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## **Health Care**

While assisted living facilities are not designed to provide medical care, the facility should be able to meet the medical needs of their residents, especially if the facility has an aging in place philosophy. This philosophy allows residents to remain in the facility if they become more infirm and to receive more care as needed. It is important to evaluate the facility's capacity to manage health care needs even if your loved one is healthy now, because he or she may need more help in the future. Also, although many seniors are basically healthy, many take a variety of medications, requiring assistance or supervision.

## Written Plans

Does the facility prepare a written plan describing how it will care for its residents? How often is it revised?

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What professionals/staff are involved in the development of this plan?

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What involvement does a confused resident have?

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What if the resident does not agree with the facility's plan of care?

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## Provision

To what extent will the facility monitor the resident's health?

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Is there a nurse on staff? What are the nurse's hours and responsibilities?

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Who is responsible when the nurse is not on duty?

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If a nurse is not on staff, are there regularly scheduled visits by a nurse or other health provider?

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Does the nurse or provider see residents regularly?

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If the resident doesn't feel well, how quickly and to what extent will the resident receive medical attention?

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What health services are available on site: e.g. lab work, physical therapy, wound care, hospice, social work, podiatrist, etc.? What does the facility provide, and what can outside agencies provide? What are the costs?

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Under what circumstances and when does the facility call the family? The doctor?

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## Medication

What safeguards are in place to ensure that the resident receives the appropriate medications on time and in the correct dosage?

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How are prescriptions filled? Must the residents use the facility pharmacy? What are the costs?

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**Who gives out medications?**

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**Who reviews the medication procedures and how frequently? What are their qualifications?**

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## **Transportation**

**Is transportation to health appointments available? Are there any limitations?**

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**Is transportation available if the resident wants to go somewhere alone or with a friend?**

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**What are the fees associated with using the facility's transportation?**

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**Is the transportation wheelchair accessible?**

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