Choosing the right assisted living facility should be an involved and carefully thought-out process. Picking the right assisted living facility is as important as choosing a house or apartment.

Visit the facilities you are considering, talk to the staff and residents, and read through any brochures and information offered. Make several visits at varying times of the day and week in order to get a complete impression of the facility. When you tour the facilities, pay special attention to the attitudes and overall friendliness of the staff and residents because they are potential housemates. Find out which state and federal regulations apply, and make sure that the facility properly complies with them. Most importantly, involve loved ones in making your decision.

The following are things to consider when choosing a facility include:

1) Do you gain an immediate sense of warmth and comfort?  
   YES □   NO □  
   Notes:______________________________________________________________

2) Is the community location appealing?  
   YES □   NO □  
   Notes:______________________________________________________________

3) Is the outside of the building well maintained?  
   YES □   NO □  
   Notes:______________________________________________________________

4) Are the common areas clean and inviting?  
   YES □   NO □  
   Notes:______________________________________________________________

5) Is the floor plan of the building easy to understand?  
   YES □   NO □  
   Notes:______________________________________________________________

6) Are the hallways and rooms designed to accommodate wheelchairs and walkers and promote safety in movement?  
   YES □   NO □  
   Notes:______________________________________________________________

7) Are there emergency response systems in bathrooms and bedrooms?  
   YES □   NO □  
   Notes:______________________________________________________________

8) Is there easy access to outdoor areas such as courtyards?  
   YES □   NO □  
   Notes:______________________________________________________________
9) Does the community smell fresh?
   YES □    NO □
   Notes:________________________________________________________

10) Are the sounds that you hear pleasant?
    YES □    NO □
    Notes:________________________________________________________

11) Can you imagine friends and family comfortably visiting you or your loved one there?
    YES □    NO □
    Notes:________________________________________________________

12) Do they offer an a-la-carte choice of care or do you have to purchase a package, which may include services you do not need?
    YES □    NO □
    Notes:________________________________________________________

13) Do they offer a continuum of care:
    Are there additional services available should they become necessary?
    YES □    NO □
    Notes:________________________________________________________

14) Do they offer a guarantee?
    YES □    NO □
    Notes:________________________________________________________

15) Do they allow pets?
    YES □    NO □
    Notes:________________________________________________________

16) Are they family owned?
    YES □    NO □
    Notes:________________________________________________________

17) Do they have a good reputation in the community?
    YES □    NO □
    Notes:________________________________________________________

STAFF:

18) Are staff members appropriately trained?
    YES □    NO □
    Notes:________________________________________________________

19) Is there a high turnover of staff?
    YES □    NO □
    Notes:________________________________________________________

20) Do you receive warm greetings from the staff? Are they personable and outgoing?
    YES □    NO □
    Notes:________________________________________________________
21) Are staff members appropriately dressed?
   YES □   NO □
   Notes:__________________________________________________________________

22) Do staff members greet residents by their first name and interact warmly with them?
   YES □   NO □
   Notes:__________________________________________________________________

THE RESIDENTS:
23) Does a nurse visit residents regularly?
   Or better yet, do they have a nurse on staff?
   YES □   NO □
   Notes:__________________________________________________________________

24) Are residents socializing or engaged in meaningful activities?
   YES □   NO □
   Notes:__________________________________________________________________

25) Do residents appear happy and content?
   YES □   NO □
   Notes:__________________________________________________________________

26) Talk with the residents. Do they like the community and the staff?
   YES □   NO □
   Notes:__________________________________________________________________

27) Request a daily schedule or calendar.
   What is the quality of the regular activities available? Do they have a great variety of wellness and fitness classes available? Do they have 2 to 3 full time staff members in the Activities department?
   YES □   NO □
   Notes:__________________________________________________________________

28) Do they have a fall prevention program?
   YES □   NO □
   Notes:__________________________________________________________________

THE FOOD:
29) Do they have a diabetes program?
   YES □   NO □
   Notes:__________________________________________________________________

30) Do they prepare the meals, fresh, on-site every day?
   YES □   NO □
   Notes:__________________________________________________________________

31) Do they offer all day dining?
   YES □   NO □
   Notes:__________________________________________________________________
32) Do they offer an alternate menu?
   YES □   NO □
   Notes:________________________________________________________________________

33) Do they cater to low-sodium diets?
   YES □   NO □
   Notes:________________________________________________________________________

34) Did they offer you a meal and did you like it? Were you impressed with the menu?
   YES □   NO □
   Notes:________________________________________________________________________

35) Does their salad bar look fresh and inviting?
   YES □   NO □
   Notes:________________________________________________________________________

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Adapted from the checklist provided by the Assisted Living Federation of America (ALFA)

Questions regarding Assisted Living options PLEASE CALL (877) 468-9773

Senior Living Solutions

This info is approved by: The Chateau of Pleasant Hill, Lic. # 071440541