



10 Tips for Choosing an Assisted Living Facility

For seniors who do not want to fully forfeit their independence, assisted living retirement care should be considered. Assisted living is ideal for seniors who need help with some daily activities such as meal preparation, laundry, shopping and medication handling, but not in need of full time care.

1. Make an accurate and honest assessment of your physical, financial, mental, and lifestyle needs. Assisted living residents may have problems with memory, incontinence or only mobility or other activities like:

- ✧ Bathing
- ✧ Dressing
- ✧ Grooming and other hygiene
- ✧ Meal preparation/cooking
- ✧ Eating
- ✧ Getting around the house
- ✧ Getting around town
- ✧ Housekeeping

2. Visit as many facilities as you can to get a sense of the choices in your area. Collect information on them as you tour to help keep them fresh in your memory. Assisted living can also be called any of the following:

- ✧ Board and care homes
- ✧ Supervised care facilities
- ✧ Personal care homes
- ✧ Residential care facilities
- ✧ Domiciliary care
- ✧ Supervised care facilities

3. Narrow down your selection to the top two or three choices, and return to those facilities. Ask lots of questions and be observant:

- ✧ What are all the costs?
- ✧ Is that a baseline number, what are the additional costs?
- ✧ Do they offer a written service policy?
- ✧ Do residents seem happy or content, with staff and with the facility?

- ☞ How many staff members are on hand and what general attitude do they express?
- ☞ Do they allow pets?
- ☞ Do residents have a choice of where to eat?
- ☞ Is the facility clean and well kept?

4. What recreational programs are available and how well suited are they to you or your loved one?

5. Make unannounced visits at different times of day to the facilities you are interested in. Talk with the residents and their family members about the facility.

6. Ask if they offer trial stays and then stay for a night or two.

7. Ask what conditions or circumstances may result in the need to relocate or move to another facility.

8. Do some research using the Internet, community agencies (like CCAC) or the Better Business Bureau to ensure there have not been complaints about the homes on your list.

9. Involve your family members in these last stages of choosing a home; a second opinion is always a good thing.

10. Choose the facility that comes closest to your needs.