

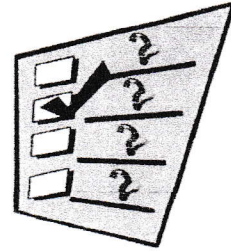
CHOOSING RESIDENTIAL CARE

It's A Very Big Decision That Can Last A Lifetime

Finding the right Residential Care community may be one of the most important and difficult decisions that you are asked to make - either for yourself or a member of your family. A selected community will often be "home" for the remainder of a person's life. So it is important that you base your decision on complete and timely information.

When faced with this decision, it is commonly recommended that you visit at least 3 communities to help you understand what is offered, what you want and what you really need.

Sometimes this decision must be made quickly, such as when an individual is ready to leave the hospital, but can no longer live safely on their own. However, it should never be a rash, uninformed choice. Ask questions of the facility manager and become familiar with the facility itself.



The process of choosing residential care may be filled with a variety of emotions. Writing down questions ahead of time can help a person to maintain focus and discuss all their vital issues.

WHAT TO CONSIDER

If at all possible, when choosing a residential care community, take the time to observe the facility in action. While there, chat with residents (and their family members, if possible).

Here is a list of important items to consider, even if you do not have much time to plan ahead.

- ◆ **Activities** – Does the facility have a diverse in-house activity program and do they provide transportation to local activities?
- ◆ **Building/Grounds** – Is the facility well kept, clean and attractive...inside and out?
- ◆ **Financial** – Find out what the monthly fees do and do not cover, and the cost of add-ons.
- ◆ **Living Quarters** – Is there adequate personal space and privacy for each resident?
- ◆ **Location** – Is the facility close to the personal doctor, hospital, family and friends?

- ◆ **Meals** – Is the menu appropriate for seniors? Are special diets accommodated – for example low salt? Are snacks available?
- ◆ **Medication** – Does the facility have a strong medication management program? Does the staff monitor residents on new medications for possible adverse side effects?
- ◆ **Safety/Security** – Does the safety and security of the facility fit its residents needs?
- ◆ **Staff** – Does the staff pay attention to resident desires and needs? Do they treat individual residents with respect? Make sure you are comfortable with the staff to resident ratio.
- ◆ **Atmosphere** – Does the facility possess a home-like atmosphere? Does it feel comfortable?



www.bristol-manor.com

The Essex

www.theessex.net

Ashbury
HEIGHTS

www.ashburyheights.com