

Checklist: Things To Consider When Choosing A Nursing Home

Getting Started

A Nursing Home is housing option for a person in need of medical care—there are doctors or nurses on the premises at all times—in addition to help with activities of daily living.

You or your loved one's comfort and level of care provided are the most important issues to consider when choosing the right place. Here's what we cover in this checklist to help you make that decision:

- Facility & Accommodations
- Services & Activities
- Medical Care
- Meals
- Staff
- Residents & Facility Culture

Remember

[Create an Everplan](#) to easily and securely update and share your Eldercare preferences with the people you love and trust.

FACILITY

- Does the facility appear clean and orderly?
- Does the facility smell good, or does it smell strongly of unpleasant odors, such as urine or deodorizer?
- Is the layout of the facility easy to understand and remember?
- Is there a single nurses' station or are there multiple nurses' stations?
- Does the facility have a contained outdoor area?
- Do the rooms have features you desire, such as windows or a television?
- Are the common rooms clean and well maintained?

Additional Questions & Thoughts:

SERVICES

- Does the nursing home offer social activities you're interested in?
- Does the nursing home provide housekeeping and laundry services?
- Does the nursing home have a volunteer program?
- Can residents manage their own schedules, such as when to wake up, eat, and go to bed?

Additional Questions & Thoughts:

MEDICAL CARE

- How are medications managed?
- How are medical emergencies handled?
- How are non-emergency medical situations handled (such as falls)?
- How are visits from physical therapists, occupational therapists, medical specialists, and physicians scheduled?
- Does the staff have special training to deal with dementia or Alzheimer's?
- Is there a special unit or special programming for residents suffering from dementia or Alzheimer's?
- How does the staff handle problems like wandering, disorientation, and agitation?

Additional Questions & Thoughts:

MEALS

- If you have religious or medical dietary needs, can the kitchen accommodate you?
- Do you have the option of eating in your room rather than in the dining room?
- Do residents who need help eating get timely assistance?
- Are snacks offered throughout the day?

Additional Questions & Thoughts:

STAFF

- Do people working at the facility seem warm and welcoming?
- Do staff members seem helpful, attentive, and patient?
- Do staff members interact with residents kindly and respectfully? (Example: Do they refer to residents by their names?)
- Do staff members wear nametags?
- Do staff members knock before entering a resident's room?
- How many people are on staff during weekdays? Weekends? Evenings?
- Do residents have the same caregivers on a daily basis?
- Does the nursing home run background checks on staff members to make sure they haven't been found guilty of abuse or neglect?

Additional Questions & Thoughts:

RESIDENTS & FACILITY CULTURE

- Do current residents seem happy and comfortable?
- Are residents well groomed and properly dressed?
- Do residents socialize or interact with each other?
- If you are considering sharing a room, do you think you and your roommate will get along? If not, are there other options for who you might be able to live with?

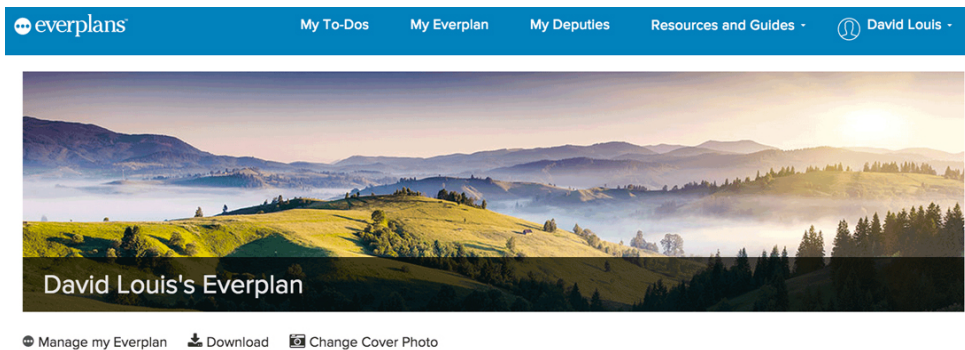
Additional Questions & Thoughts:

NOTES & PERSONAL THOUGHTS

Use this section for personal thoughts, concerns, or anything we may have missed.

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