

Choosing Assisted Living

This playbook outlines the steps to take when choosing the right assisted living facility for oneself or a loved one, including preparation, key questions to ask, and evaluation criteria during visits.

Step 1: **Research**

Start by gathering information on local assisted living facilities. Use online resources, personal recommendations, and healthcare provider referrals to create a list of potential options.

Step 2: **Initial Contact**

Reach out to the facilities on your list to obtain brochures, pricing information, and to set up a time for tours or virtual visits if in-person visits are not possible.

Step 3: **Prepare Questions**

Create a list of important questions to ask during your visit. Consider categories such as the level of care provided, staff credentials, emergency procedures, food service, activities, and cost.

Step 4: **Visit Facilities**

Tour the facilities in person if possible. Pay attention to cleanliness, staff friendliness and professionalism, resident engagement, and safety measures. Observe if the residents seem content and well-cared for.

Step 5: **Assess Comfort**

Consider the overall atmosphere and whether it feels like a pleasant and supportive environment. Notice if the facility feels like home and if you can imagine yourself or your loved one living there comfortably.

Step 6: **Review Contracts**

Carefully read through any contracts provided by the facilities. Pay close attention to fees, services included, and the process for transferring to a higher level of care if the need arises.

Step 7: **Decision**

After visiting all potential facilities and gathering all pertinent information, discuss your observations and feelings with trusted friends or family members to help make your decision.

Step 8: **Follow-up Questions**

Follow up with the facility to ask any final questions or clarify any doubts before making the final commitment.

Step 9: **Finalize**

Once you are satisfied with your choice, proceed with finalizing the arrangements with the chosen assisted living facility, including the signing of contracts and planning the move.

General Notes

Insurance

Investigate how insurance and personal finances might influence your choice of facility and what costs will be out of pocket.

Regulations

Research state and local regulations governing assisted living facilities to ensure compliance and understand residents' rights.

Trial Periods

Ask about trial periods or short stays to experience living at the facility before making a long-term commitment.

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