

TIPS ON CHOOSING ASSISTED LIVING

Finding an appropriate Assisted Living residence can be a very time-consuming and rather daunting task. When making a decision to choose an Assisted Living residence, you should keep the following in mind:

- You, the person affected by the decision and key family members should be involved in the process
- Making important life choices can be emotionally stressful and may strain relationships. Assign one family member to assist with all the necessary decisions and arrangements.

Considerations in selecting an appropriate assisted living residence include its proximity to community amenities such as hospitals and churches, the availability of transportation for shopping, outings and medical appointments. The quality of food, safety and security issues, the cleanliness of the home, the breadth of social and recreational activities offered and the home's ability to meet your needs or those of your loved one now and as needs change, are other important factors.

Assisted Living residences can vary in terms of the programs, services and levels of care provided, so it is important to understand what services are included in the posted monthly or daily rental rates, and what services, if any, are available at an additional cost. Also make sure you understand what happens if you or your loved one should need to move from the residence.

Once you've become familiar with the services and amenities offered in Assisted Living residences, and identified the top candidates using The Care Guide and TheCareGuide.com, call ahead to schedule a tour of each residence. Try to observe "a day in the life" at the home perhaps by attending some activities or staying for a meal. Many homes offer short-term trial stays ranging from a couple of nights to a few weeks, which is an excellent way to truly "test the waters".

Here are some other suggestions to help you choose the home that can best suit your needs and preferences, or those of a loved one:

- While touring a residence, ask if you can wander around on your own to get a better feel for the place.
- Ask residents about their experience at the home; their likes and dislikes – do residents appear to be happy and enjoying themselves?
- After a scheduled visit, drop in another day at a different time of day to see if there are any differences.
- Ask for resident family references who you can contact for their opinions.

When touring a residence, take along the checklist on page XX which will help you assess and compare each residence.

Feel free to contact us at 1-800-311-CARE (2273) or info@thecareguide.com should you have any questions or require further assistance.

Source: The Care Guide (www.thecareguide.com)