

Tips on Choosing an Independent/Supportive or Assisted Living Residence

Finding an appropriate Independent/Supportive or Assisted Living Residence for a loved one takes time and research. To start, contact your local Regional Health Authority (see page XX) about the Independent Living BC program, under which some residences are funded. The health authority will arrange for an assessment to determine the individual's eligibility for the program. The cost to residents under the Independent Living BC program is 70% of the individual's annual income. Costs for privately delivered Independent/Supportive or Assisted Living Residences vary widely dependent upon the type of accommodation, amenities, services and level of support and care provided.

Considerations in selecting an appropriate 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 now and as needs change, are other important factors.

Since these residences often vary in terms of the programs, services and levels of care provided, it is important to ensure that you 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, 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 ideas to help you choose the residence that can best suit your love one's needs and preferences:

- 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 or info@thecareguide.com should you have any questions or require further assistance.

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