

Tips on Choosing a Retirement Residence

Choosing an appropriate retirement residence for a loved one takes time and research, but you're already off to a great start.

Once you've 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 residence – perhaps attend some activities or stay 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 home that can best meet your needs and preferences:

- While touring a home, 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?
- Does it appear as though the needs of the residents are being well met?
- 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.

Since retirement homes vary in terms of the programs, services and levels of care provided, it is important to ask for a “Care Home Information Package” which should clearly set out what's included in the posted monthly or daily rental rates, and what services are available at an additional cost.

Other things to consider in selecting an appropriate retirement residence should include its location, proximity to community amenities such as hospitals and churches, and 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 the needs of your loved one now and as needs change, are other important factors.

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)