

# **Choosing a Personal Care or Nursing Home**

## *Compliments of Senior Living Advisors*

### **Western Pennsylvania Resource Guide**

We are a free service to help families choose an appropriate Independent Living apartment with services, Personal Care Home, or Assisted Living community for their loved one that matches the medical needs, financial capabilities, and geographic preferences.

With the family's permission, we will assess the candidate at home, at the skilled rehab unit, or at the hospital. After obtaining an accurate report to determine the scope of care the individual requires, we make appropriate recommendations of communities that fit the parameters of medical, financial, and geographic needs.

Senior Living Advisors will accompany the family and prospective resident on tours to help them through the process. Our skilled representatives will always make recommendations as if it were pertaining to our own Mom, Dad, or other loved one. We answer seven days a week.

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## Choosing a Personal Care or Nursing Home

Don't be shy when paying a visit to the facility. You will be taken on a guided tour of the home, so be sure to bring the following checklist, and ask a lot of questions.

<b>Basic Information</b>	<b>Yes</b>	<b>No</b>	<b>Comments</b>
<b>Comfort</b> – Is the facility clean, well lit, a comfortable temperature, and odor-free?	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Medications</b> - Does the facility provide medication management? If yes, is there an additional fee for this service?	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Safety</b> – Does the facility have an emergency plan for residents in case of fire, flood, or other disaster?	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Safety</b> – Is it a safe environment, with fire extinguishers, open pathways, and smoke detectors?	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Rooms-</b> - How many residents in each room? - Are personal items displayed? - Are call buttons within reach? - Is the room size sufficient?	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Bathrooms</b> – Are the bathrooms clean and equipped with handrails and a call button that is easily reached?	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Dining</b> – Observe mealtime. Are the meals for the month posted? If not, request a copy. Does the food look and smell appetizing? Does the staff take time feeding residents and not rushing them through? Is the kitchen clean?	<input type="checkbox"/>	<input type="checkbox"/>	

Basic Information	Yes	No	Comments
<b>Social Activities</b> – Is an activity calendar posted? Request a copy. Are there a variety of activities to meet the needs of your loved one?	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Staff</b> – Is there enough staff to meet the needs of the residents? Is staff visible and willing to talk to you? Does the staff get the residents up and dressed each day? Are there a lot of call lights on?	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Quality of Life</b> – Does staff knock before entering a room? Does the staff close doors and curtains when appropriate? Are residents socializing inside and outside the facility? Are residents clean, dressed and well groomed? Are visiting hours limited?	<input type="checkbox"/>	<input type="checkbox"/>	

Finding a new living arrangement for your loved one is a difficult and confusing experience. Senior Living Advisors is here to make this transition smooth for you and your loved one. We will do thorough research to find the facility that best suits you, or your loved one’s needs. We will accompany you on tours; however, we encourage you to use this little checklist to assist you in making the best final decision.



Senior Living Advisors

FACILITY	RENT	ROOMS	SEC	CABLE	PHONE	LAUNDRY	LEVELS	MEALS	COMMENT
1.									
2.									
3.									
4.									
5.									
6.									
7.									

Helping Seniors Make the Next Move...