

# **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. Be sure to ask lots of questions. The following checklist may be helpful during your tour.

Basic Information	Comments
<b>Comfort</b> —Does the facility seem clean, organized, etc.	
<b>Medical</b> —Who are the physicians associated with the facility? How are emergencies communicated to the family contact? What is the protocol for infectious disease control such as C-Diff, Flu and COVID? Is medication management included in the cost or is there an additional fee for the service?	
<b>Safety</b> —What is the emergency plan for residents in case of fire, flood or other disaster? Is it a safe environment with easily accessible fire alarms, smoke detectors and open pathways? How often are residents checked on throughout the day and night? Is there a call bell system, or how does a resident ask for help?	
<b>Staff</b> —Understanding there can be turnover with caregivers and Aides, what is the longevity of the leadership in the building? Does the staff seem engaged with residents? Does there seem to be a reasonable number of staff to meet the needs of the residents? Is staff visible and willing to talk to you? Are residents dressed and in clean clothes? Do you notice a lot of call bells ringing and if so, are they being answered in a reasonable amount of time? Does staff knock before entering a room?	
<b>Social</b> --What activities does the community offer? Is an activity calendar posted? What are the visiting hours? Are pets allowed, and if so, what is the policy? Can pets visit?	

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**Basic Information****Comments**

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**Rooms**—What is the maximum number of residents in each room? Can a resident bring some items from home? Is furniture provided? How are rooms prepared for a new resident...is carpet cleaned or replaced, and is paint touched up? Does the community help with moving furniture in, hanging TV, pictures, etc.? Who is responsible for incidentals such as toilet paper, light bulbs, etc?

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**Bathrooms**—Are the bathrooms clean and equipped with handrails? Is the shower handicap accessible, or is there opportunity to provide a shower chair? Can a wheelchair fit with enough room for a caregiver?

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**Dining**—Where is a calendar of meals posted? Are there alternative meal choices? Does the dining room including tables, floor look clean? Can they handle changing diets such as puree, mechanical soft or thicken liquids as needed?

Finding a new living arrangement for your loved one is a difficult, confusing and overwhelming experience. Senior Living Advisors will provide expert guidance to families who need assistance choosing a quality, appropriate and affordable community. We research all communities that fit the medical needs, budget and geographic preference. We will accompany you on tours, but we encourage you to use this checklist to help you make the best decision.

Senior Livings Advisors, Ltd.  
Helping Seniors Make the Next Move ...  
(412) 628-0725



Senior Living Advisors

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

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