



A Caregiver's Corner Publication... tips for the at-home Caregiver

Courtesy of Douglas Rehabilitation & Care Center
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Choosing a Facility

Once the decision is made nursing facility care is necessary, the search for the *right* facility is the next step. The nursing facilities of today are much different than the nursing facilities of ten or twenty years ago. The facilities of today strive to be like a community where residents can feel comfortable, find familiar faces and have the opportunity to make friends, just like they would in their own home.

Although you will want to identify the medical services that are available, you will also want to determine how a facility will meet the emotional and social needs of your loved one. Facilities that allow residents choices foster individuality and improve quality of life. There *is* life after a nursing home admission, and finding the right facility to meet your loved one's needs will be the key to making the transition easier.

It may be helpful to use the following checklist for areas of concern:

- Services and amenities meet the needs of your loved one
- Alert residents appear happy and all residents appear well-cared for
- Staff are attentive to resident needs and have a courteous attitude
- Activity programs appear interesting, with opportunity for community involvement
- Meals are appetizing and offer residents a choice
- The dining atmosphere is pleasant
- Building and grounds appear well-maintained
- Family involvement is encourage and supported – family members may visit at any time.
- Recent survey shows no major problems or problems noted have been corrected with facility in full compliance
- Resident rooms are comfortable and well-lit; facility encourages home-like environment
- Resident has access to a phone and/or phone hook-up
- There is a focus on dignity and quality of life
- The resident's privacy is protected
- The facility is whole-house Medicare and Medicaid certified
- Rates are competitive
- Pre-admission and financial counseling is available
- Physician choices are available if resident's physician will not follow