

MEMORY CARE CHECKLIST

QUESTIONS TO ASK WHEN CONSIDERING A MEMORY CARE COMMUNITY

When you're considering a memory care community for a parent or loved one, it's important to make sure that the care on offer is closely aligned with his or her needs. You should get the answers to the below questions before you make a final decision about memory care.

QUESTIONS TO ASK YOURSELF ABOUT YOUR LOVED ONE'S NEEDS

- YES NO Does your loved one wander or seek exits?
- YES NO Does your loved one need help eating?
- YES NO Does your loved one require diabetic care?
- YES NO Does your loved one need 24/7 supervision?
- YES NO Does your loved one show aggression or exhibit other behavior issues?
- YES NO Does your loved one need help toileting or experience incontinence?
- YES NO Does your loved one require assistance with mobility, using a walker or wheelchair?
- YES NO Does your loved one need any ongoing medical attention or treatments--for example, dialysis or colostomy care?

ADDITIONAL COMMENTS

QUESTIONS TO ASK THE COMMUNITY

SAFETY AND STAFFING

How many hours of training does the staff receive? _____

What is the daytime staffing ratio (i.e. number of residents per caregiver)? _____

What is the staffing ratio at night? _____

What medical services are available? _____

Can outside (visiting) care be arranged? If so, who coordinates that care? _____

Is a nurse on duty 24 hours per day? If not, how many hours is a nurse on duty, and what are those hours?

YES NO Does the community have secure buildings and secure grounds?

YES NO Does the staff have sufficient and current training?

YES NO Does each resident have an individual care plan?

YES NO Is there a visiting physician?

YES NO Can you care for wheelchair-bound or bedridden residents?

YES NO Are you able to care for residents who are physically aggressive or who exhibit disruptive behaviors?

ADDITIONAL COMMENTS

MEMORY CARE FEATURES AND TREATMENTS

What are the living arrangements? Memory care cottages? Neighborhood style? _____

- YES** **NO** Do they have an assisted-living-to-Alzheimer's care bridge program for early-stage patients?
- YES** **NO** Do they have walking paths or circular walking paths for residents?
- YES** **NO** Snoezelen rooms? Or other light treatment?
- YES** **NO** Do they have a special memory care dining program?
- YES** **NO** Do they group residents by cognitive level?
- YES** **NO** Do they offer pet therapy?
- YES** **NO** Music therapy?
- YES** **NO** Reminiscence therapy?
- YES** **NO** Parkinson's care?
- YES** **NO** Vascular dementia care?

COMMUNITY POLICIES

What types of care are they not able to provide? How do they transition residents from memory care to skilled nursing? _____

- YES** **NO** Do they provide a thorough assessment before admission?
- YES** **NO** How often do they update families about residents' well-being?
- YES** **NO** Do you understand their policy for handling medical emergencies?
- YES** **NO** Do you understand how the fee structure works?
- YES** **NO** Is there one flat fee, or separate fees for housing and care?
- YES** **NO** Do you understand the discharge policy?

YOUR GUT CHECK

- YES** **NO** Does the staff appear to be knowledgeable and caring?
- YES** **NO** Do residents have free access to outdoor areas?
- YES** **NO** Is the community easy to navigate?
- YES** **NO** Does their philosophy of care resonate with you?

