

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?

