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## Moving to a Retirement Community?

# Assisted Living Checklist PDF

**Yes**   **No**

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Are elevators accessible for multiple levels?       |
| <input type="checkbox"/> | <input type="checkbox"/> | Are meals nutritious and appealing?                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Are there handrails in hallways?                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the residence clean and odor-free?               |
| <input type="checkbox"/> | <input type="checkbox"/> | Is lighting adequate throughout the facility?       |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a security system in place?                |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the layout easy to navigate?                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Is self-administration of medications allowed?      |
| <input type="checkbox"/> | <input type="checkbox"/> | Are residents involved in care planning?            |
| <input type="checkbox"/> | <input type="checkbox"/> | Are residents required to carry renter's insurance? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are exits clearly marked?                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Are grab bars available in public restrooms?        |
| <input type="checkbox"/> | <input type="checkbox"/> | Is financial assistance available?                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel welcomed upon arrival?                  |

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- Is there a resident appeals process?
- What medical services are offered?
- Is specialized care available for residents with dementia?
- Are sprinklers and smoke detectors present?
- Is the size and layout suitable for your needs?
- Is there a physician who visits regularly?
- Is there an emergency medical protocol?
- Are staff members kind and caring?
- Can staff communicate medication policies effectively?
- Who coordinates outside care provider visits?
- Are individual care plans maintained?
- Are residents engaged and happy?
- Are doorways and thresholds wheelchair-friendly?

## What To Look For?

- Private Suites
- Air Condition
- Cable TV
- WiFi
- Daily Activities Assistance
- Medication Management
- Transportation Arrangement
- 24-Hour Supervision
- 24-Hour Call System
- Meal Preparation and Service
- Diabetes Diet
- Special Dietary Restrictions
- Preventative Health Screenings
- Parkinsons Care
- Administer Insulin Injections
- Kitchen Food Preparation area with sink & Storage
- Assistance with Dressing
- Assistance with Bathing
- Planned Day Trips
- Community-Sponsored Activities
- Fitness Programs
- Community Program Transportation
- Scheduled Transportation
- Visitor parking
- Grab bars in bathrooms
- Handrails in halls
- Easily opened doors
- Security precautions

## Questions to Ask Before **Moving into Assisted Living Facilities**

What is the staff-to-resident ratio?

Are there trained medical professionals available on-site?

How are medical emergencies handled?

Is transportation provided for medical appointments or other outings?

What types of social activities and amenities are offered?

Can residents personalize their living spaces?

Is there a waiting list for admission, and if so, how long is it?

What is the procedure for addressing complaints or concerns?

## Questions to Ask Before **Moving into Assisted Living Facilities**

Are there any additional fees or charges not included in the monthly rent?

How are meals prepared and served?

Is there a trial period or temporary stay option available?

Are pets allowed, and if so, are there any restrictions or fees?

What is the policy on visitors and overnight guests?

How is medication management handled?

Are there any restrictions on personal belongings or furniture?

How is laundry handled for residents?

Is there a process for evaluating and updating care plans?

## Questions to Ask Before **Moving into Assisted Living Facilities**

How are residents' privacy and dignity respected?

What security measures are in place to ensure residents' safety?

How does the facility handle end-of-life care or hospice services?

Are there any religious or spiritual services offered on-site?

Can residents continue to see their current healthcare providers?

How is the facility regulated and licensed?

Is there a designated point of contact for families to communicate with staff?

How does the facility handle residents with specialized care needs, such as memory care or mobility assistance?

## Questions to Ask Before **Moving into Assisted Living Facilities**

What is the policy for handling residents with challenging behaviors?

Are there opportunities for residents to provide feedback or participate in decision-making processes?

How are residents encouraged to maintain independence and autonomy?

What measures are in place to prevent and address elder abuse or neglect?

Can residents access outdoor spaces or gardens?