

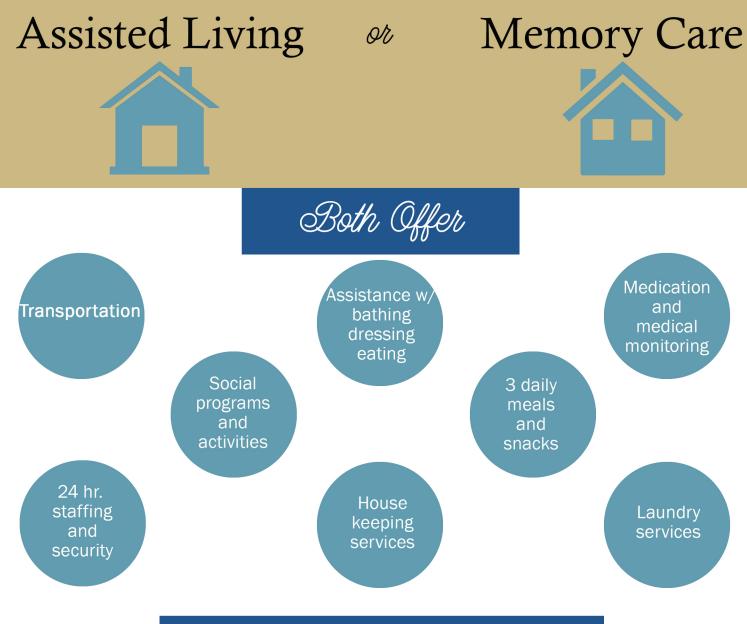
## Your Personal Guide to Choosing an





Find Joy in the Journey

Which is Right for You?



## If Your Loved One Has

•Dementia •Alzheimer's •Other memory impairment •Wandered off alone •Grown fearful of places he/she once loved •Had inexplicable weight gain/loss •Lost track of finances •Forogotten to take medication •Developed hygiene problems •Started hoarding/purchasing multiples of various items

► You may want to consider Memory Care. 🖛

What are Assisted Living Communities?

Assisted living communities offer supportive amenities, services, and care in a residential setting with the comforts of home. Assisted living has staff available in the community 24/7 to assist with care, safety, and support. When you've seen one assisted living community, you've seen just one. They come in all different shapes and sizes, and offer a variety of features, amenities, and prices.

Who Benefits from Assisted Living Communities?

Assisted living communities serve seniors who require assistance with everyday activities such as meal preparation, medication management, transportation, and personal care (dressing, bathing, etc). They also can be appropriate for those who require specialized assistance for Alzheimer's disease or related dementia. Seniors who can no longer live alone or be cared for by an aging spouse or a family member frequently turn to assisted living communities.

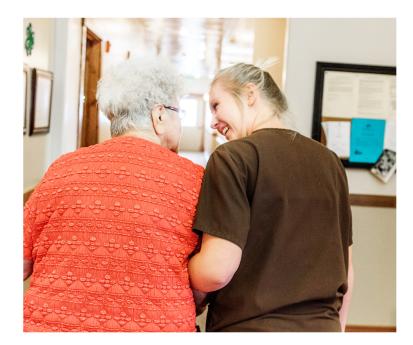
# You are Not Alone.

Today, almost a million residents enjoy the benefits of assisted living and other resident-centered options. These residents choose senior living because-like you-they want to remain active and engaged while having the assistance necessary to continue a fulfilling life.They value the lifestyle full of choice, dignity, independence, and quality of life that senior living residents live every day.

With 31,000+ licensed assisted living communities across the country, you have a variety of options from which to choose: where the community is located, the types and levels of care and residential services offered, the type of property, the size of an apartment, the range of rents, and most important the "feel" you experience when you tour the community.

Assisted Living was founded on a resident-centered philosophy to enable choice, preserve dignity, encourage independence, and promote quality of life. Every day in assisted living communities, the staff members live and breathe this philosophy. It is reflected in the care and services they offer every day to each resident.

Tour assisted living communities early (before they are needed) and tour as many as possible. There are many resources available today to gelp you find the option that is right for you or your loved one.





The best advice is to locate and visit assisted living communities before a crisis. Meeting the staff, residents, and often their family members is one of the best ways to learn about the community. Every assisted living facility is unique, but there are common questions to ask yourself and the facility director before, during, and after a visit.

This checklist will help you ask these questions and make an assessment for yourself and/or

a loved one.

Environment		Physical Features		
$\bigcirc$	As you arrive at the facility, do you like its location and outward appearance?		ls the community well-designed for your needs?	
$\bigcirc$	As you enter the lobby and tour the community, is the decor attractive and	$\bigcirc$	Is the floor plan easy to follow?	
	home-like?		Are doorways, hallways, and rooms accommodating to wheelchairs and walkers?	
$\bigcirc$	Did you receive a warm greeting from staff welcoming you to the community?		Are elevators available for those unable to use stairways?	
$\bigcirc$	Does the executive director call residents by name and interact warmly with them as you tour the community?	$\bigcirc$	Are handrails available to aid in walking?	
	Do residents socialize with each other and	$\bigcirc$	Are cupboards and shelves easy to reach?	
$\bigcirc$	appear happy and comfortable?		Are floors of a non-skid material and carpets firm to ease walking?	
$\bigcirc$	Are you able to talk with residents about how they like the community and staff?		Does the community have good natural and artificual lighting?	
$\bigcirc$	Do the residents seem to be appropriate housemates for you or your loved on?	$\bigcirc$	Is the community clean, free of odors, and appropriately heated/cooled?	
$\bigcirc$	Are staff members appropriately dressed, personable, and outgoing?	$\bigcirc$	Does the community have sprinklers, smoke	
$\bigcirc$	Do the staff members treat each other in a professional manner?	Note	detectors, and clearly marked exits?	
$\bigcirc$	Are the staff members that you pass during your tour friendly to you?			
$\bigcirc$	Are visits with the resident welcome at any time?			



**Medication & Health Care** 

#### Needs Assessments, Residency Agreements, Costs & Finances

nunity have specific policies age of medication, assistance ns, training and supervision of
rd keepings?
tration of medication allowed?
person to coordinate home its from a nurse, PT, OT, etc., if
nunity have a clearly stated responding to a resident's sency?
are ancillary services such as sical therapy available, and how ices provided? Ask if there is an rge for any of these services.



#### **Services & Amenities**

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$\bigcirc$	Can the community provide a list of care services available?		Individual Apartment Features		
$\bigcirc$	Is there a nurse on staff?	$\bigcirc$	Are different sizes and types of apartments available?		
0	Is staff available to provide 24-hour assistance with activities of daily living (ADLs) if needed? (Dressing, eating, mobility, hygiene and grooming, bathing, adn toileting.)	$\bigcirc$	Are apartments for single and double occupancy available?		
		$\bigcirc$	Do residents have their own lockable doors?		
$\bigcirc$	What are the training requirements for staff?	$\bigcirc$	Is a 24-hour emergency response system accessible from the apartment?		
$\bigcirc$	Does the community provide housekeeping services in personal living spaces?	$\bigcirc$	Are bathrooms private and designed to accommodate wheelchairs and walkers?		
$\bigcirc$	Can residents arrange for transportation on fairly short notice?	$\bigcirc$	Are residents able to bring their own furnishings for their apartment? What may		
$\bigcirc$	Are barber/beautician services offered on-site?		they bring? What is provided?		
	Does the community provide scheduled	$\bigcirc$	Do all apartments have a telephone, TV, and internet access? How is billing handled?		
$\bigcirc$	transportation to doctors' offices, the hairdresser, shopping, and other activities desired by residents?	$\bigcirc$	Is a kitchen area provided with a refigerator, sink, and cooking element?		
	Notes	$\bigcirc$	May residents keep food in their apartment?		
			May residents smoke in their apartments or public spaces?		
			May residents decorate their own apartments?		



**Additional Questions** 

#### Social & Recreational Activities

$\bigcirc$	Is there evidence of organized activities, such as a posted daily schedule, events in	<ul> <li>Does the community conduct criminal background checks on employees?</li> </ul>
$\bigcirc$	progress, reading materials, visitors, etc.? Do residents participate in activities outside of the community in the neighboring community?	Does the community train staff on elder abuse and neglect? Is there a policy for reporting suspected abuse?
$\bigcirc$	Are residents' pets allowed in the community? Who is responsible for their care if so?	Does the community have a special wing or floor for residents with cognitive impairments? If so, is it secured?
$\bigcirc$	Do volunteers, including family members, come into the community to help with or to conduct programs?	O Does the community allow hospice to come in and care for residents?
$\bigcirc$	Does the community create a sense of inclusion by encouraging residents to	O Does the community accept long-term care insurance?
	participate in activities?	O Does the community allow a loved one to spend the night? Is there a charge?
	Dining Services	Does the community accept Medicaid?
$\bigcirc$	Do dining room menus vary from day to day and meal to meal?	Is the state inspection report available for review?
$\bigcirc$	Does the community provide three nutritionally balanced meals a day, seven days a week?	Notes
$\bigcirc$	Are snacks available?	
$\bigcirc$	May a resident request special foods, and can the community accommodate special dietary needs?	
$\bigcirc$	Are common dining areas available?	
$\bigcirc$	May residents eat meals in their apartment or suite?	
$\bigcirc$	May meals be provided at a time a resident would like, or are there set times for meals?	

### How Can I Find an Assisted Living Community?

There are numerous resources online and in your community to help you locate and research senior care options more thoroughly.

National Eldercare Locator by the U.S. Administration on Aging-(800) 677-1116

Local Area Agency/Council on Aging- www.n4a.org

O The ALFA Senior Living Community Directory- www.alfa.org/seniorliving

#### This Guide Was Brought to You By





Canyons Retirement Community Twin Falls, ID (208) 358-9624



Swan Falls Assisted Living Kuna, ID (208) 922-3536



Copper Summit Assisted Living Pocatello, ID (208) 233-1914



Tambree Meadows Assisted Living Idaho Falls, ID (208) 528-0467