



# **Your Personal Guide to Choosing an** *Assisted Living Facility*

*Find Joy in the Journey*

# *Which is Right for You?*

## Assisted Living



or

## Memory Care



### *Both Offer*

Transportation

Assistance w/  
bathing  
dressing  
eating

Medication  
and  
medical  
monitoring

Social  
programs  
and  
activities

3 daily  
meals  
and  
snacks

24 hr.  
staffing  
and  
security

House  
keeping  
services

Laundry  
services

### *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
- Forgotten 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 help you find the option that is right for you or your loved one.



# Community Review Checklist

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

- ☐ As you arrive at the facility, do you like its location and outward appearance?
- ☐ As you enter the lobby and tour the community, is the decor attractive and home-like?
- ☐ Did you receive a warm greeting from staff welcoming you to the community?
- ☐ Does the executive director call residents by name and interact warmly with them as you tour the community?
- ☐ Do residents socialize with each other and appear happy and comfortable?
- ☐ Are you able to talk with residents about how they like the community and staff?
- ☐ Do the residents seem to be appropriate housemates for you or your loved on?
- ☐ Are staff members appropriately dressed, personable, and outgoing?
- ☐ Do the staff members treat each other in a professional manner?
- ☐ Are the staff members that you pass during your tour friendly to you?
- ☐ Are visits with the resident welcome at any time?

## Physical Features

- ☐ Is the community well-designed for your needs?
- ☐ Is the floor plan easy to follow?
- ☐ Are doorways, hallways, and rooms accommodating to wheelchairs and walkers?
- ☐ Are elevators available for those unable to use stairways?
- ☐ Are handrails available to aid in walking?
- ☐ Are cupboards and shelves easy to reach?
- ☐ Are floors of a non-skid material and carpets firm to ease walking?
- ☐ Does the community have good natural and artificial lighting?
- ☐ Is the community clean, free of odors, and appropriately heated/cooled?
- ☐ Does the community have sprinklers, smoke detectors, and clearly marked exits?

## Notes

---

---

---

---

---

---

---

---

---



## Needs Assessments, Residency Agreements, Costs & Finances

- ## Medication & Health Care

- ## Notes

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

## Services & Amenities

- ## Notes

[illegible]

- ☐ Are different sizes and types of apartments available?
- ☐ Are apartments for single and double occupancy available?
- ☐ Do residents have their own lockable doors?
- ☐ Is a 24-hour emergency response system accessible from the apartment?
- ☐ Are bathrooms private and designed to accommodate wheelchairs and walkers?
- ☐ Are residents able to bring their own furnishings for their apartment? What may they bring? What is provided?
- ☐ Do all apartments have a telephone, TV, and internet access? How is billing handled?
- ☐ Is a kitchen area provided with a refrigerator, sink, and cooking element?
- ☐ May residents keep food in their apartment?
- ☐ May residents smoke in their apartments or public spaces?
- ☐ May residents decorate their own apartments?



# Community Review Checklist

## Social & Recreational Activities

- ☐ Is there evidence of organized activities, such as a posted daily schedule, events in progress, reading materials, visitors, etc.?
- ☐ Do residents participate in activities outside of the community in the neighboring community?
- ☐ Are residents' pets allowed in the community? Who is responsible for their care if so?
- ☐ Do volunteers, including family members, come into the community to help with or to conduct programs?
- ☐ Does the community create a sense of inclusion by encouraging residents to participate in activities?

## Dining Services

- ☐ Do dining room menus vary from day to day and meal to meal?
- ☐ Does the community provide three nutritionally balanced meals a day, seven days a week?
- ☐ Are snacks available?
- ☐ May a resident request special foods, and can the community accommodate special dietary needs?
- ☐ Are common dining areas available?
- ☐ May residents eat meals in their apartment or suite?
- ☐ May meals be provided at a time a resident would like, or are there set times for meals?

## Additional Questions

- ☐ Does the community conduct criminal background checks on employees?
- ☐ Does the community train staff on elder abuse and neglect? Is there a policy for reporting suspected abuse?
- ☐ Does the community have a special wing or floor for residents with cognitive impairments? If so, is it secured?
- ☐ Does the community allow hospice to come in and care for residents?
- ☐ Does the community accept long-term care insurance?
- ☐ Does the community allow a loved one to spend the night? Is there a charge?
- ☐ Does the community accept Medicaid?
- ☐ Is the state inspection report available for review?

## Notes

[illegible]

# 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](http://www.n4a.org)
- The ALFA Senior Living Community Directory- [www.alfa.org/seniorliving](http://www.alfa.org/seniorliving)

This Guide Was Brought to You By



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



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



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



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