

# How do I choose the right memory care community?

Look, listen, feel, ask questions, take notes. This checklist will help you gather the information you need to compare your options and make a well-informed decision.

	Name	Name	Name
<b>COMMUNITIES YOU ARE CONSIDERING</b>			
<b>CARE PHILOSOPHY</b>			
Encourages resident independence, expression and functioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ensures safety and dignity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduces confusion and agitation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Minimizes use of medications to control behavior	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Holistic approach including care, cognitive health, social connection and environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>CARE DELIVERY</b>			
Licensed by the state as an assisted living or personal care home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory care only community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comprehensive assessment of resident's current and changing needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Individualized care plan for each resident, involving resident, family, and physician	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medication management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visiting therapists, clinicians, and specialists	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>ENRICHMENT PROGRAMS</b>			
Scheduled programs 7 days a week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Customized to resident's strengths, needs, and preferences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Short, flexible, and success-oriented	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Life skills, exercise, music, art, current events, spiritual and social	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Large group, small group, and one-on-one	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>STAFFING</b>			
Licensed nursing staff on-site 24/7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dementia care-trained staff on-site 24/7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Full-time enrichment program director	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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<b>COMMUNITIES YOU ARE CONSIDERING</b>			
<b>ENVIRONMENT</b>			
Current valid certificate showing compliance with all city, county and state health codes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accessible, uncomplicated design with visual wayfinding cues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ample enclosed, secure outdoor space with seating and walking areas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dedicated dining, activity, and relaxation spaces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wide walkways, non-skid flooring and supportive handrails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Secure, calm, and cheerful atmosphere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean and smells good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apartments with ADA-compliant toilets, sinks and showers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>RESIDENTS</b>			
Engaged in activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comfortable and well-adjusted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Well-groomed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trusting of staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>FAMILY SERVICES</b>			
Family support groups, education, and counseling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family meetings and involvement in care planning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequent communication about resident's well-being	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Opportunities for families to socialize and dine with residents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DINING &amp; NUTRITION</b>			
Dietitian-approved menus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accommodations for residents' dietary requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breakfast, lunch, and dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anytime snacks and beverages available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food presentation techniques that ease and encourage eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>SERVICES &amp; AMENITIES</b>			
24-hour staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Housekeeping, linens, laundry, and maintenance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Guest parking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beauty salon and barber shop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pets allowed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emergency alert system or pull cords	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Name

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# COMMUNITIES YOU ARE CONSIDERING

## CONTRACT DETAILS & FEES

Move-in/community fee

Security deposit

Recurring monthly fees (pet, parking, meals, etc.)

Utilities extra

Fee/rent increase frequency

Length of lease

Move-out policy (required notice)

Billing & payment options (ACH, check, etc.)

## IMPRESSIONS

What aspects of the community stood out to you the most?

What are your thoughts, feelings and observations after your visit?

What was your overall impression?

**COMMUNITY:** \_\_\_\_\_

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**COMMUNITY:** \_\_\_\_\_

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**COMMUNITY:** \_\_\_\_\_

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