

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
COMMUNITIES YOU ARE CONSIDERING			
CARE PHILOSOPHY			
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"/>
CARE DELIVERY			
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"/>
ENRICHMENT PROGRAMS			
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"/>
STAFFING			
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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COMMUNITIES YOU ARE CONSIDERING			
ENVIRONMENT			
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"/>
RESIDENTS			
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"/>
FAMILY SERVICES			
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"/>
DINING & NUTRITION			
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"/>
SERVICES & AMENITIES			
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: _____

COMMUNITY: _____

COMMUNITY: _____
