

## Some questions to ask when visiting an Assisted Living community...

When you visit the homes that you're considering, you'll want to ask a lot of questions. Start by talking with the staff member who gives you a tour — they're likely to be able to answer a lot of questions. If you can talk to residents as well and find out how they feel about the home, you'll learn a lot. It's easier to make sure you get all the answers you need if you take a list with you. Start with these questions to help you recognize the moment when you've found the right residential care home (RCFE):

- What is a typical day like for the residents?
- What types of daily activities are provided and who leads them?
- How do the staff help residents who have problems with incontinence? Are incontinence supplies provided under the residence fees or not?
- What safety precautions are in place for any residents with memory problems or a tendency to wander?
- Does the home provide transportation to medical appointments? What about transportation for shopping or entertainment?
- What opportunities are available for exercise? How do the staff encourage residents to maintain a healthy, active lifestyle?
- Do the staff help with health monitoring activities such as blood pressure checks?
- How are weekly menus prepared? If you or your loved one have special dietary needs, how are they handled? What types of meals are typically prepared?
- Are snacks available between meals? Can residents eat in their rooms if they prefer?
- Do you have **awake staff** at night to support care needs 24/7?
- What emergency procedures are in place?
- At what point would you feel you cannot care for a senior?
- Ask for a current resident's family member to contact as a reference!