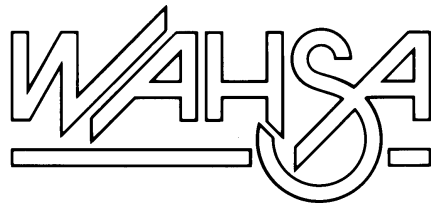


Top 23 Questions to Ask When Choosing an Assisted Living Facility!

A Free Report Provided by



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According to the National Center for Assisted Living, assisted living is a long term care alternative for seniors who need more assistance than is available in a retirement community but who do not require the heavy medical and nursing care provided in a nursing facility. While many seniors relocate to an assisted living residence after a period of rehabilitation in a nursing home or hospital, nearly half come directly from their homes.

Assisted living residences are designed to be operated, staffed, and maintained to best meet the needs and desires of their residents. Security and independence, privacy and companionship, and physical and social well-being are the primary characteristics of an assisted living setting; this accounts for its popularity among seniors and their families.

Individuals receive, as needed, supervision, personal care assistance, and health care services that emphasize their right to control their lives. Extended life expectancy and the graying of America are at the heart of the unprecedented demand for a variety of long term health care services. In 2000, about one in eight Americans was aged 65 or older; by 2030, it is estimated that approximately one in five will be aged 65 or older.

Assisted living promotes independence and dignity for each resident and encourages the involvement of a resident's family and friends. Staff is available to meet both scheduled and unscheduled needs. Communities typically offer dining services, as well as social and wellness activities designed to support a well-rounded lifestyle.

Assisted living residences also may be called residential care facilities, adult congregate living facilities, continuing care retirement communities (CCRCs), personal care homes, retirement homes for adults, or community residences. A unique transition from independent living without care, assisted living communities help seniors enjoy an improved quality of life with independence and care combined.

Top 23 Questions to Ask When Choosing an Assisted Living Facility

- 1. Do residents socialize with each other and appear happy and comfortable?**
- 2. Are you able to talk with residents about how they like the residence and staff?**
- 3. Do the staff members treat each other in a professional manner?**
- 4. Are the staff members that you pass during your tour friendly to you?**
- 5. Are visits with the resident welcome at any time?**
- 6. Is the community well-designed for your needs?**
- 7. Does a physician or nurse visit residents regularly to provide medical checkups?**
- 8. To what extent are medical services available, and how are these services provided?**
- 9. Does the residence have a means of security if a resident wanders?**
- 10. How does the facility address resident needs for activities of daily living, which include dressing, eating, mobility, hygiene and grooming, bathing, toileting, using the telephone, shopping, and laundry?**
- 11. Are pharmacy, barber/beautician, and/or physical therapy services offered on-site?**
- 12. Does the residence have specific policies regarding storage of medication, assistance with medications, training and supervision of staff, and record keeping?**
- 13. Is self-administration of medication allowed?**

- 14. Do dining room menus vary from day to day and meal to meal?**
- 15. Does the residence provide three nutritionally balanced meals a day, seven days a week?**
- 16. Is a 24-hour emergency response system accessible from the unit?**
- 17. Are bathrooms private and designed to accommodate wheelchairs and walkers?**
- 18. Are residents able to bring their own furnishings for their unit? What may they bring? What is provided?**
- 19. Does the residence have its own pets?**
- 20. Does the residence provide transportation to doctors' offices, the hairdresser, shopping, and other activities desired by residents?**
- 21. What funding mechanism are available? Most assisted living facilities are private pay only. Medicare and often times Medicaid are not accepted forms of payment. (Each facility will be different)**
- 22. Does the facility accept long-term care insurance? Some long-term care insurers only will pay for care in "licensed" assisted living facilities.**
- 23. Does the facility accept VA benefits or waivers?**

The State of Wisconsin

There are three types of assisted living in Wisconsin: community-based residential facilities (CBRF), adult family homes (AFH), and residential care apartment complexes (RCAC). Assisted living facilities are designed to provide residential environments that enhance independence to the extent possible and are the least restrictive of each resident's freedom. Regulatory oversight is provided by the Office of Quality Assurance in the Department of Health and Family Services.

In summary, it is important to contrast and compare two or three assisted living options in your area before making a decision. Assisted living is an excellent alternative and transition between home and nursing home and has quickly become one of the most popular options for “aging in place.”

For more information, contact your local assisted living facility.