

Choosing the Right Memory Care Checklist

We hope this checklist helps you compare two memory care communities apples to apples as you visit and evaluate the lifestyle each of them are offering.

1 2

Family Involvement

- Families are encouraged to participate in care planning
- Families are encouraged to communicate with staff
- Families are encouraged to visit often, participate in community events, drop by unannounced

Staffing

- Medical care is provided
- Staff is trained in dementia care (ask about number of hours of training)
- Staff recognize people with dementia as unique individuals and care is kind, respectful, and personalized to meet specific needs, abilities, and interests

Programs & Services

- Planned activities and programs for all levels of health and behavioral care needs
- Variety of activities to meet specific abilities and interests (7 days per week)
- Transportation is available for medical appointments and shopping
- Care planning sessions are held regularly
- Families are informed of changes in resident's condition and care needs

Environment

- Indoor and outdoor spaces are secure and allow for freedom of movement to promote independence
- Community is easy to navigate
- Resident suites are clean and spacious with personal items encouraged

Meals

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- Regular meal and snack times, appealing dining environment
- Food is appetizing and well prepared (view a weekly menu & come in for a meal)
- Staff monitor for adequate nutrition, provide for special dietary needs, and are available for assistance or encouragement with eating as needed
- Family and friends may visit for a meal

Residents

- Personal care is done with respect and dignity
- Residents are comfortable, relaxed, and involved in activities
- Residents are well-groomed, clean, and dressed appropriately

Price

What is the cost of your first choice of suite?
(Base rate + level of care costs)

1: _____ **2:** _____

Is there a community fee and what is it used for?

1: _____ **2:** _____

Community 1 Notes :

Community 2 Notes :