TAKE IT WITH YOU

Assisted living visit checklist

Bring this to every visit. Ask each community the same questions, check them off as you go, and compare your notes side by side afterward.

COMMUNITY _____ DATE OF VISIT _____ WHO WE MET _____

Before you go: visit at least twice, once unannounced if you can. Eat a meal. Pay attention to how people answer, too. A good community will be glad you asked.

1 Care

- [ ] How do you build a care plan with our family, and how often do you review it?
  A good answer: a plan built around my loved one, reviewed on a set schedule.
- [ ] If needs change, how do you adapt? What would mean someone has to move?
- [ ] If memory care becomes necessary, what are our options? Do you have a memory care program of your own?
- [ ] Who manages medications, and how are mistakes caught?
- [ ] What happens in a medical emergency, day or night?

2 Location

- [ ] Close enough that family and friends will really visit, even in winter.
- [ ] NOTICE A welcoming entrance, clean and comfortable common spaces, and outdoor space to sit.

3 People

- [ ] NOTICE How staff speak to residents, and whether residents look at ease.
- [ ] How do you train your team before they start, and every year after?
- [ ] Are leaders visible in the community every day? Can we meet them today?
- [ ] How do staff handle a resident who is upset or confused?
- [ ] Who owns and operates the community, and what is their long-term plan?
  A good answer: an owner who plans to stay and keep investing.

4 Daily life

- [ ] Can we eat a meal today? Is it prepared fresh by a chef, with choices at every meal?
- [ ] How do you handle allergies, diabetes and special diets?
- [ ] What enrichment runs every week, such as creative arts, music and movement? Does it fit every ability?
  Ask to see it in action, not just on a calendar.
- [ ] How do you help new residents settle in and make friends?

5 Cost

- [ ] What does the monthly fee include? Does it cover a base level of hands-on care?
- [ ] How is additional care priced, and how will we know before it changes?
- [ ] What one-time fees apply at move-in?
- [ ] How do rate increases work? Will you give us the full monthly figure in writing?
- [ ] Can we try it first? Do you offer a trial stay before we commit?
  A trial stay lets you see daily life before you decide.

NOTES

When you're ready to see a community in person, we're happy to show you around.
No pressure, no hard sell.

Schedule a visit
adaptivesl.com
Call (332) 230-5550