

# SENIOR NUGGETS - OCTOBER 2012

## **\*\* MARK YOUR CALENDAR OCTOBER 20<sup>th</sup> SENIOR DAY AT ATHOLTON \*\***

### **HOW TO CHOOSE THE RIGHT SERVICES**

- First impressions count
- Do the premises appear to be well maintained, clean, and safe?
- What is my impression of the service level?
- How are staff members interacting with persons receiving services and co-workers?
- What is the ratio of staff to persons receiving services?

### **Spotlight Safety**

- What credentials do staff members have?
- What health and safety policies are in place, as related to incidents involving injury, medication management, natural disasters, etc.?
- What is the annual staff turnover?
- What complaint procedures exist?
- Do policies prevent reprisals?

For more information visit:

<http://www.carf.org/consumer.aspx>

**TIPS FOR CHOOSING AN ASSISTED LIVING FACILITY**

- Make an accurate and honest assessment of your physical, financial, mental, and lifestyle needs.
- Visit many facilities to get a sense of the choices in your area.
- Narrow down your selections to the top two or three choices and return to those facilities and ask lots of questions.
- Ask to review a copy of the Resident Agreement (facility contract)
- Ask to review the licensing or certification inspection report.
- Call the Long Term Care Ombudsman program and inquire if there are complaints about the facilities you are interested in. Contact ElderCare Locator at 1-800-677-1116 or [www.eldercare.gov](http://www.eldercare.gov) to find your local ombudsman who serves as an advocate for assisted living and nursing home residents.
- Make unannounced visits to the facilities you are interested in. Talk with the residents and their family members about the facility.
- Ask what conditions or circumstances may result in the need to relocate or move to another facility.
- Ask what the baseline fee\* is and what services are included in the fee. Ask what additional charges apply for services/products.
- Choose the facility that comes closest to your needs.

\* Monthly fees vary by location (range \$1200-\$8000)

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**Best wishes to all having a birthday in October.**  
**View your Bible Birth verse: [www.birthverse.com](http://www.birthverse.com)**