




# How to Choose a Nursing Home...

-  **Plan Ahead** – Planning ahead is one of the best ways to ease emotional stress when seeking a nursing home. Plan ahead by educating yourself and your family about nursing home care and services. Also consider location.
-  **Tour** - It is recommended to visit rooms where various therapies and recreational programs are held; for example tour the dining area, beauty salon, common areas, lounges, etc.
-  **Ask Questions** – Inquire about security measures, especially for residents who tend to wander. Ask about facility policies regarding use of telephones, cable television, and bringing personal items into the facility. Is the “quality of life” good...such things as choices in food at meals, which clothes to wear, a home-like environment, interesting entertainment/activities.



**Observe** – How does the staff meet with you and how do they interact with other residents during your visit (are they respectful, caring, and attentive)? Are the residents occupied, supervised, satisfied, well groomed, are the rooms personalized? Is the facility free of overwhelming odors? Is it clean and well maintained? Do the chairs and other furniture seem sturdy, attractive, and comfortable? Is it well lighted? Taste the food, is it good? Is the temperature comfortable? Do patients' rooms have windows?



**Word of Mouth** – Find out as much as you can from others who have first hand knowledge on the facility you are interested in, this may include: Doctors, nurses, hospital social workers, clergy, and other professionals who are familiar with nursing homes. Also consider family members and friends of people who live in a nursing home, residents of the nursing home, and employees of the nursing home.