

Assisted Living Checklist

When deciding if assisted living is the best choice for your loved one, ask yourself the following questions:

Is your loved one healthy and mobile enough to live comfortably in a private apartment with some help? Can they get from the apartment to the dining room and other common areas unassisted by staff?

What level of help is required? While assisted living facilities typically help with some personal care services, such as bathing and dressing, assistance with using the toilet, incontinence, feeding oneself, or getting in and out of bed is usually beyond the scope of these facilities.

Do chronic health issues such as diabetes or heart disease require daily monitoring or skilled nursing care? If so, a skilled nursing home may be necessary.

Are family members and friends able to visit often and monitor care?

Are the social aspects appealing? Is your loved one social enough to participate in activities and form relationships with other residents?
