

How to Choose a Nursing Home or Assisted Living Facility for a Loved One

FACILITY VISIT CHECKLIST

Visiting a senior living facility in person is one of the most effective ways to evaluate its standards of care, environment, and overall suitability for your loved one. Use this checklist to guide your tour and ensure all important aspects are considered.

Safety and Environment

- Is the facility clean and well-maintained?
- Are entry points (e.g., front and back doors) secure?
- Are stairwells and emergency exits properly locked or monitored?

Social Life and Activities

- Are there daily activities your loved one would enjoy?
- Are weekend and holiday events offered?
- Are there programs available for residents with limited mobility?
- Are there opportunities for off-site activities?
- Can family members participate in activities?

Staff and Resident Care

- What is the staff-to-resident ratio during the day shift?
- What is the staff-to-resident ratio during the night shift?
- Does the staff appear friendly and approachable?
- Is the staff respectful, and do they treat residents with dignity?
- Do staff members know residents by name?
- Is there access to a medical team, including specialists such as a cardiologist, dentist, ophthalmologist, or podiatrist?
- Does the staff encourage residents to participate in social events?

Resident Well-being

- Do residents appear happy and engaged?
- Are residents out of their rooms and participating in activities?
- Are residents dressed, alert, and well-groomed?
- Do you observe any signs of neglect or distress?

Room Quality

- Is there a privacy curtain in semi-private rooms?
- Is the room quiet and free from excessive noise?
- How frequently are rooms cleaned?
- Is the room temperature comfortable and well-regulated?
- Is there a call bell near the bed, toilet, and shower?

Dining and Nutrition

- Does the food look and taste appetizing?
- Are there a variety of meal options available?
- Are dietary needs and restrictions accommodated?
- Does staff assist residents with eating and drinking when needed?
- Can family members dine with residents? If so, is there a fee?

Reviews and Reputation

- Has the facility been cited for health or safety violations?
- Have any formal complaints been filed against the facility?
- Has the facility experienced delays in inspections?
- Is there a clear and accessible process for residents to voice concerns or file complaints?

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