



# Choosing a Nursing Home



## PART 1: KNOW WHAT MATTERS TO YOU

Before you visit, take a moment to think about what's important for yourself or a loved one in a nursing home.



**TIP:** Use this list to help narrow down your options and compare what each facility offers!

No	WHAT MATTERS MOST IN A NURSING HOME	✓
1	Being close to family and friends	<input type="checkbox"/>
2	Specialized care (memory care, rehab, dialysis, etc.)	<input type="checkbox"/>
3	Private room or shared room	<input type="checkbox"/>
4	Cultural or language preference	<input type="checkbox"/>
3	Religious or spiritual support	<input type="checkbox"/>
4	Pet-friendly policies	<input type="checkbox"/>
3	Social activities & hobbies	<input type="checkbox"/>
4	Meals & special diets	<input type="checkbox"/>

**OTHER:**

No	NURSING HOMES THAT MATCH THOSE NEEDS
1	
2	
3	
4	



# PART 2

## WHAT TO LOOK FOR DURING YOUR VISIT



### RESIDENTS

- Do residents look clean, well-dressed, and comfortable?
- Are they engaged in activities or socializing?
- Is their privacy respected (staff knock before entering, curtains used)?

### STAFF

- Are staff warm, respectful, and responsive?
- Do they call residents by name?
- Is there enough staff visible and interacting with residents?

### RESIDENT ROOMS

- Are rooms bright, clean, and personalized?
- Are rooms private or shared—and is there enough space?
- Do bathrooms have handrails and emergency call buttons?

### COMMON AREAS

- Is the building clean and free of strong odors?
- Are halls and common spaces neat and easy to move through?
- Are there outdoor areas for residents to enjoy?

### MEALS

- Does the dining area feel welcoming?
- Does the food look and smell appetizing?
- Do residents seem to enjoy their meals?
- Are staff helpful and attentive during meals?



# PART 3

## ESSENTIAL QUESTIONS



**TIP:** BRING A NOTEBOOK OR PRINT OUT ATTACHED NOTE SHEET TO WRITE DOWN ANSWERS & IMPRESSIONS DURING YOUR VISIT

### COSTS & FEES

- What services are included in the monthly rate?
- Are there extra charges (like for therapy, laundry, or snacks)?
- How often do fees change—and how much notice is given?
- Do you accept Medicare and/or Medicaid? How much is covered?

### MEDICAL CARE

- Can residents keep their own doctor?
- Is there a doctor who visits regularly?
- How are emergencies handled—and how are families notified?
- Are memory care, rehab, or other special services available?

### MEALS

- Does the dining area feel welcoming?
- Does the food look and smell appetizing?
- Are staff helpful and attentive during meals?

### ROOM & BED INFO

- Are beds currently available? Is there a waiting list?
- What do I need to apply or hold a room?
- Will my loved one have a private room or share?

### DAILY LIFE

- What meals and snacks are served each day?
- Can residents make choices about food or meal times?
- What types of activities are offered?
- Are there events for residents who are less mobile?

### EXTRAS & PERSONAL TOUCHES

- Is laundry included?
- Can residents bring personal items or furniture?
- Are pets allowed to visit or stay?
- Are religious or spiritual needs supported?



# Nursing Home NOTES

*Nursing Home:*

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