

Choosing a Nursing Home Checklist

1 **Licensing:** Ensure the nursing home is licensed and registered with the respective authorities.

2 **Cleanliness:** Check if the nursing home is clean and well maintained.

3 **Reputation:** Look for reviews or ask for recommendations about the nursing home.

4 **Staffing:** Ensure there is adequate staffing and that patient to staff ratio is good.

5 **Location:** Make sure the location of the nursing home is accessible and close to family members for ease of visitation.

6 **Policies:** Understand the nursing home's policies and regulations prior to admission.

7 **Specialized care:** If your loved one has specific medical conditions, verify if the nursing home provides specialized care.

8 **Cost:** Get a detailed breakdown of the costs and what is included.

9 **Room Set-up:** Check if private or shared rooms are available and ensure it's comfortable.

10 **Services:** Determine what services are provided such as meals, medical care, physical therapy, etc.

11 **Activities:** Look for a facility that offers activities and social interactions that could enhance the residents' quality of life.

12 **Patient Rights:** Make sure the nursing home respects patient rights and freedom.

13 **Safety Measures:** Look at safety measures in place, like fire alarms, emergency exits, etc.

14 **Staff attitude:** Pay attention to how the staff interacts with the residents.

15 **Medical appointments:** Understand how the nursing home handles transportation for medical appointments.

16 **Meal quality:** Ensure the home provides good quality, nutritious and varied meals.

17 **Training:** Ask about the staff's training, including emergency and medical training.

18 **Emergency policy:** Understand their process for handling medical emergencies.

19 **Facility visit:** Visit the facility at different times to check consistency in staffing and level of care.

20 **Regulatory history:** Research any history of violations, complaints or sanctions by checking with the regulatory body.

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