

# Questions Every Family Should Ask Before Choosing a Nursing Home or Memory Care Facility

Choosing the right community for your loved one is one of the most important decisions you'll make. Not all assisted living or "memory care" facilities are the same—many advertise memory care without being certified for Alzheimer's and dementia care. Use this checklist during your tours to ensure you find a safe, compassionate, and truly qualified home.

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## Certification & Licensing

- Is the community a **certified Alzheimer's/Dementia facility** by the State?
  - How many residents is the community licensed for?
  - Ask to see their **last state compliance review**.
  - Request **family reviews** and contact information for current families to learn about their experience.
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## Staff Training & Ratios

- Does the staff receive **Alzheimer's and dementia-specific training**? How much and how often?
  - What is the **direct care staff-to-resident ratio**?
  - What is the **staff turnover rate**?
  - Ask to meet their **most senior floor staff** and speak with them about caregiving.
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## Care & Services

- Does the community offer an **age-in-place philosophy** for long-term stability?
- Are there **levels of care**, and do rates change as care needs increase?
- Does the community provide **home-cooked meals** and accommodate special diets?
- Is there a **full-time RN on staff**?
- Does the community have doctors available to see your loved one in the community?

- Does the community have a pharmacy connection to deliver medications?
  - Does the community have an **Activity Director** and structured programs?
  - How often will your loved one be **showered and toileted**?
  - How often are **rooms cleaned and linens changed**?
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### **Safety & Medical Support**

- How does the community **protect residents** and manage visiting hours?
  - Does the community have **doctors available on-site** and a pharmacy connection for medication delivery?
  - What safety measures are in place (door alarms, emergency systems, etc.)?
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### **Lifestyle & Environment**

- What activities are offered daily? Does the staff participate?
  - Are mealtimes flexible, or does your loved one need to wake up at a set time?
  - Are bedrooms furnished?
  - Can residents maintain independence in their routines?
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### **Financial Transparency**

- What is the **monthly cost**?
  - Can the cost change over time?
  - Are there **extra charges or hidden fees**?
  - Is there a **move-in fee or deposit required**?
  - Is the community **locally owned and operated**?
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### **Family Involvement**

- Ask if you can **speak with current families**—this is often the most valuable insight.