

Checklist:

Questions to Ask When Choosing a Memory Care Community

Memory care environments, staff and services all vary by provider. Use this checklist and take notes to determine the best choice for your parent.

What are your parent's needs?

Make a list of your parent's needs and share with the memory care staff. Examples: Needs help with activities of daily living, exhibits anger or aggression, requires a walker or wheelchair, medical needs, etc.

How experienced are the staff?

Are staff licensed or certified? What specialized training do they receive? What methods do they use for de-escalation? Is the resident-to-staff ratio low?

Are the spaces inviting and accommodating?

Is the floor plan easy to follow? Are all areas and furnishings clean? Are apartment doors personalized?

Is the environment safe?

Is there 24-hour supervised care? Are all spaces secure with door alarms and emergency call buttons?
Do bathrooms have automatic lights and bars/rails for mobility assistance?

What programs are offered?

Are the programs passive or engaging? Do they include music, sensory/tactile stimulation and events outside of the memory care community? Are programs tailored to your parent's level of dementia?

What is the resident meal experience?

Are meals nutritious and appealing? Is meal assistance offered? Are special dietary needs accommodated?
Are snacks provided?

How does the community address resident well-being?

What fitness and wellness programs are offered? How often are care assessments conducted? Does staff coordinate outside care visits?