

Long-term Care Home Checklist

Make a copy of this checklist to use as you research and visit each long-term care home.

Long-term care home name: _____

Private home Publicly funded home

Visit date: _____

Things to check before visiting the home	Yes	No	Notes
There are specific units for people with dementia.			<ul style="list-style-type: none"> How is the unit different from other areas of the home? Is it a secure, locked area?
The person with dementia is able to live here throughout the course of the disease.			
The home tells me the cost of the room and whether there are additional costs for extra care as the disease progresses.			<ul style="list-style-type: none"> How much does the room cost? If there are additional costs, how much are they?
The home offers tours and I know how to book one.			
There is a waiting list.			<ul style="list-style-type: none"> If so, approximately how long is it?
There are rules about waiting lists (e.g., people in crisis situations are given priority).			
The home is accredited and inspected regularly.			<ul style="list-style-type: none"> If inspectors made recommendations during the last inspection, ask for a copy of the report.

Things to check while visiting the home	Yes	No	Notes
Physical Setup			
The location is convenient and easy for me to visit.			<ul style="list-style-type: none"> How long is the commute? Is it accessible by public transit? Is there free parking?
The home is clean and tidy without seeming institutional and sterile.			<ul style="list-style-type: none"> Are there unpleasant odours?

Things to check while visiting the home	Yes	No	Notes
Physical Setup...cont'd			
There are quiet areas for visitors to spend time with residents.			
Residents can walk safely and easily indoors and outdoors.			
The bathrooms are clean with safety devices like grab bars.			<ul style="list-style-type: none"> Do they easily accommodate mobility aids like walkers?
There are clear signs throughout the home to help residents get around the home (e.g., a picture of a toilet on the bathroom door).			
Resident Care and Staff Training			
There is consistent staff assigned to each resident so staff and residents can get to know each other.			<ul style="list-style-type: none"> Is there a rotation of many staff assigned to each resident?
All staff is trained to care for residents with dementia.			<ul style="list-style-type: none"> How frequently does all staff attend refresher courses?
I see staff talking to residents in a personable manner, clearly showing that they know each resident as a unique individual.			
I see staff trying to understand what residents are trying to communicate through their actions.			
There are regular care planning meetings that can include family members (e.g., a care plan is a standard document for each resident that includes everything about the resident's care).			<ul style="list-style-type: none"> Can families request a care meeting? How?
With consent, the home shares information about the resident readily and routinely with family members.			<ul style="list-style-type: none"> How does the home share the information? If I have concerns, who is my main contact?
There is a doctor on call.			<ul style="list-style-type: none"> Can a resident keep their family doctor if they like? What are the pros and cons of this decision?
The home has access to other services (e.g., opticians, dentists, physiotherapists, chiropodists (foot care), hairdresser).			<ul style="list-style-type: none"> Are there costs for these services?

Staff uses restraints (e.g., seatbelts in wheelchairs, bedrails, antipsychotic medications) and I can see a copy of the restraint policy.			<ul style="list-style-type: none"> • If yes, when and why? • Is this something I am comfortable with?
Medical emergencies are handled appropriately.			<ul style="list-style-type: none"> • How are medical emergencies handled? • Under what circumstances are residents transferred to hospital?
Staff is able to provide palliative care (to reduce distress and provide enhanced comfort, dignity and pain control at end-of-life stage).			
Daily Life			
Each resident has a flexible daily routine (e.g., home can accommodate a resident who is used to having breakfast at 11am).			
The menu is good in all important ways (e.g., varied, appealing, nutritious, and can accommodate special dietary needs).			
The home considers different cultural, religious, and spiritual needs.			<ul style="list-style-type: none"> • Do I have specific cultural, religious, or spiritual issues to ask about?
There are a variety of meaningful activities for groups and individuals.			<ul style="list-style-type: none"> • What are they? • Are they available during evenings and weekends? Ask for a program schedule. • Is there a volunteer visiting program for additional one-on-one support?
I see residents that are inactive (e.g., falling asleep in front of the television).			
The visitors' policy suits the needs of the person with dementia and my needs as a visitor.			<ul style="list-style-type: none"> • What is the policy regarding visits? • What are the visiting hours? • Can a caregiver or friend sleep over to comfort and assist a sick resident?
The home allows visitors to join the resident for meals.			<ul style="list-style-type: none"> • Is there a cost?

Your overall impression:

Rate the long-term care home on the following scale:

1 2 3 4 5 6 7 8 9 10

I would never consider moving
the person with dementia
to this home.

I would consider this
long-term care home as
one of the best options.

Comments:
