



THE Steps to Finding the Right Care Facility Resource Page

The ability to choose and having autonomy in your choices is instrumental in the aging process. Use this resource page to empower you with the power of choice.

Before making any phone calls or visits, consider and list your needs:

Why am I considering facility-based care?

What type of facility/resources/care do I need?

Do I need help with Activities of Daily Living (ADLs)? If so, what help do I need?

Where would I like to live? Near family?

Do I have a language and/or cultural preference?



What type of food would I like to eat?

What am I able to afford?

What other areas do I want to remain independent/autonomous? What does that look like?

What else is important to me when considering places to live?



Once you have decided on and listed your needs, take the next step to call and visit facilities. There are two checklists below, one for assisted living and one for skilled nursing facilities. Assisted living facilities offer help with activities of daily living (ADLs) and around-the-clock staff. Skilled nursing facilities provide 24-hour skilled nursing care as well as rehabilitative services. Use the checklist below to rate your call/visit experience.

Assisted Living Facility Post-Call or Visit Checklist

Name of Assisted Living Facility: _____

Date of call/visit: _____

Potential questions to ask:	Yes	No
Is the facility a licensed Residential Care Facility for the Elderly (RCFE)?		
Does the facility provide the care you need? (Activities of Daily Living)		
Does the facility have availability?		
Is the facility located near friends and family?		
Do residents look clean? Are they dressed for the season? Are they well groomed?		
Does the facility have unpleasant odors?		
Does the facility appear clean and well kept?		
Is the temperature comfortable for residents?		
Does the facility have good lighting?		
Are noise levels comfortable?		
Are furnishings sturdy yet comfortable?		
Is smoking allowed or restricted to certain areas?		
Do interactions between staff and residents appear to be warm and respectful?		
Do staff knock on doors before entering residents' rooms?		
Does the facility perform background checks on all staff?		
On your tour, does the guide know residents by their names and is recognized by them?		
Do residents have personal belongings and furniture in their rooms?		



Does each resident have personal storage in their rooms?		
Does each resident have a window in their bedroom?		
Do residents have access to a personal phone and TV?		
Do residents have a choice of roommates?		
Are there policies in place to protect residents' possessions?		
Are hallway exits clearly marked?		
Are smoke detectors and sprinklers in working order?		
Are all common areas wheelchair accessible?		
Are there handrails and grab bars?		
Do residents have food choices at each meal?		
Are snacks available to residents?		
Do staff help residents eat and drink during meal times?		
Do residents have access to a variety of activities?		
Does the facility have outdoor areas for resident use?		
Does the facility have an active volunteer program?		
Does the facility have an emergency evacuation plan?		
Do resident receive preventative care?		
Do residents have access to transportation? (Recreational or to medical appointments)		
Does the facility have arrangements with a nearby hospital for emergencies?		
Is your doctor's office or other desired medical facility within a convenient distance?		



Skilled Nursing Facility Post-Call or Visit Checklist

Name of Skilled Nursing Facility (SNF): _____

Date of call/visit: _____

Potential questions to ask:	Yes	No
Is the SNF Medicare-certified?		
Is the SNF Medi-Cal certified?		
Does the SNF provide the care you need?		
Does the SNF have openings?		
Is the SNF located near friends and family?		
Do residents look clean? Are they dressed for the season? Are they well groomed?		
Does the SNF have unpleasant odors?		
Does the SNF appear clean and well kept?		
Is the temperature comfortable for residents?		
Does the SNF have good lighting?		
Are noise levels comfortable?		
Are furnishings sturdy yet comfortable?		
Is smoking allowed or restricted to certain areas?		
Do interactions between staff and residents appear to be warm and respectful?		
Do staff knock on doors before entering residents' rooms?		
Does the SNF perform background checks on all staff?		
On your tour, does the guide know residents by their names and is recognized by them?		
Is there a full-time Registered Nurse other than Director of Nursing?		
Does the nursing staff work with a reasonable number of residents?		
Is there a full-time social worker on staff?		
Is there a licensed doctor on staff? And can they be reached any time of day?		
Do residents have personal belongings and furniture in their rooms?		



Does each resident have personal storage in their rooms?		
Does each resident have a window in their bedroom?		
Do residents have access to a personal phone and TV?		
Do residents have a choice of roommates?		
Are there policies in place to protect residents' possessions?		
Are hallway exits clearly marked?		
Are smoke detectors and sprinklers in working order?		
Are all common areas wheelchair accessible?		
Are there handrails and grab bars?		
Do residents have food choices at each meal?		
Are snacks available to residents?		
Do staff help residents eat and drink during meal times?		
Do residents have access to a variety of activities?		
Does the SNF have outdoor areas for resident use?		
Does the SNF have an active volunteer program?		
Does the SNF have an emergency evacuation plan?		
Do resident receive preventative care?		
Do residents have access to their regular doctors?		
Does the SNF have arrangements with a nearby hospital for emergencies?		
Did the SNF correct all deficiencies from its last state inspection report?		

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[Long-Term Care Services Fact Sheet](#)

[Housing Fact Sheet](#)