

SENIOR HOUSING GUIDE:

How to Survive and Win the Search for Senior Housing

Courtesy of ...



Table of Contents

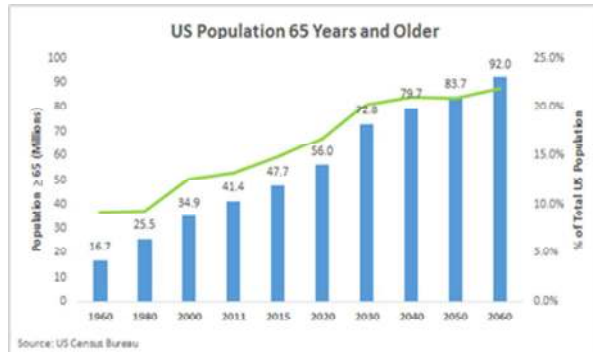
Contents	2
Introduction	4
Chapter 1 - Is It Time For Senior Housing? . . .	8
Changes in Behavior	9
Wandering	11
Aggression	12
Home Safety	12
Physician Indicates Need for Greater Care	14
Chapter 2 - The Right Level of Senior Housing ..	16
Independent Living	17
Assisted Living	19
Memory Care Housing	22
Chapter 3 - A Senior House you can call Home ..	25
<i>The Facility - The Home</i>	27
Location, Location, Location	28
Area Attractions & Shopping	29
Condition & Safety	29
Floorplan & Rooms	30
<i>The Care</i>	31

The Critical Caregiver-to-Resident Ratio	32
Are the Caregivers Qualified?	33
Do the Caregives have the Right Stuff?	35
Availability and Access to Healthcare & Hospitals .	38
ADA Compliance	39
Incontinence Assistance	40
Memory Care Program	41
Rehabilitation Program	42
<i>The Amenities & Activities</i>	43
Phone, Television & Internet	43
What About Outdoor Facilities?	45
Games, Arts & Crafts	46
Is There a Library?	47
Transportation	48
Food & Meal Quality	49
<i>Spiritual Support</i>	51
<i>Are the Domestic Services Up to Par?</i>	53
House Cleaning	53
Laundry Service & Frequency	54
Senior Housing Checklist	56

Introduction

"It's not how old you are, it's how you are old."
— Jules Renard

The population of seniors is growing and growing rapidly. In the meantime, the healthcare industry is woefully unprepared. In July of 2013, the U.S. Census Bureau reported that 44.7-million Americans were over the age of 65. From 2000 to 2010, the percentage of seniors in the country increased by 15.1 percent while the total number of Americans only increased by 9.7 percent. And with Baby Boomers entering their senior years, by 2060, the number of senior citizens in the country will more than double. Experts predict that the health-care industry will be overwhelmed by 2020. And in the midst of the crisis, seniors, and their families are struggling to find solutions. They need quality caregiving and senior homes where mom and dad will be safe, comfortable and reasonably happy, and they need them now and in the future.



That's what this guide is about – finding your way through an increasingly stressed senior housing and healthcare industry where following assumptions can easily lead you in the wrong direction. Assumptions



are especially problematic because the industry is changing. If you don't understand senior housing, as it is today, or recognize

the changes that are coming, you can find yourself on a waiting list when what you and your loved one need is senior housing and caregiving now. Even if you find housing today, through a lack of awareness, you may settle for a less-than-optimal situation simply because you didn't realize there are better alternatives available.

The greatest assumption seniors, and their loved ones, generally make is that, when the time comes, they simply expect mom and dad will move into apartment-style living with others their age. Looking after their needs are caregivers who, though well intentioned, are often simply stretched too far in their efforts to provide quality care for too many seniors by

themselves. To avoid these pitfalls, the first step that is required is a change in the way seniors and their loved ones look at senior housing.

As the marketplace expands to meet the demand of the Baby Boomers on senior housing and services, the types of senior homes and the quality of the services they provide will vary dramatically. Seniors and their families will find themselves fighting their way through a jungle of senior housing options while ill prepared for the journey. This guide is divided into three basic chapters designed to help lead you and your loved ones through the maze that is senior housing today.



Chapter 1 is titled “Is it Time for Senior Housing?” where the guide will help seniors and their loved ones determine if the time has come where senior housing is necessary or desirable. Chapter 2 is titled “Find the Right Level of Senior

Housing.” There are different levels of senior housing for seniors who have different needs. In this guide, we will focus on Independent Living for seniors, Assisted Living for seniors and Memory Care and Housing. These first two chapters you can tackle at home at the

kitchen table. Chapter 3 is written as a guide you can take with on the road as you visit and evaluate potential senior homes.

The title of Chapter 3 asks the question “How will you Find a House You Can Call Home?” When you or a loved one moves into senior housing, you want to choose a home well so that you or your loved one will be safe, healthy, comfortable and happy. Yes, if it doesn’t work out, you can probably move. But, that’s usually very inconvenient. It’s better to choose well from the start and avoid the hassle of moving again.

The idea is to find senior housing where you or your loved one is not just moving into any old building; you’re finding a place that you, or they, can settle in and make a home. In many cases, someone moving into senior housing probably had a home. It was probably a place you, or they, had maintained for years.

The hope of this guide is to help you or your loved one to find a home where you are so satisfied that you can put down roots and call it your home.

Chapter 1 – Is It Time For Senior Housing?

“You’re never too old to set another goal or to dream a new dream.”
— C.S. Lewis

Deciding it’s time for a loved one to move into senior housing is a difficult decision. It’s often difficult in a practical sense but almost always emotionally difficult. It’s a life change that few look forward to enthusiastically. However, for those who live long enough, it’s a time that almost always approaches. While the emotions may prove reluctant, if it’s truly time for senior housing, the practical considerations should overrule the emotional responses. Your loved one’s health, safety, and welfare are essential factors. And these are the considerations that we are reviewing in this chapter.

If, after reading this chapter, and considering these questions in relation to your loved one, you determine that it is time for senior housing, the following two chapters can help to ease the emotional aspect of moving a loved one into a new home for seniors. Those chapters will help you find the proper level of senior housing for your loved one and the best possible home where they will be safe, healthy and happy. But, first,

you need to consider whether it is time for senior housing.

Changes in Behavior



Your loved one is familiar to you. You know their likes and dislikes. You have a pretty good idea of the patterns of their daily activities. If you’re nearby and able to observe their activity and choices, you’re probably the best-equipped person to recognize changes in their behavior

that could indicate problems with independent living. Those changes could be as simple as an inability to keep up with the responsibilities associated with maintaining their home. The grass isn’t cut as regularly and the yard is a mess. You may also notice that conditions inside the house aren’t in their customary good order. It’s quite possible that the physical requirements are too much for mom or dad. They need some help to keep up.

If that help is available in and at their home, they may be able to continue living much as they did before. In the meantime, you may want to caution them not to push themselves too much, to avoid greater exertion on really hot days or too much exposure on

colder days. But, they may also have reached a point where they simply can't handle the physical requirements of living on their own. They need more help.

There are other changes in behavior that are, more likely, indicative of conditions that are less physical in nature. For instance, you may notice that they're losing track of time; they have trouble telling what day of the week it is or whether it's morning or evening. They may be missing appointments.

Another possible change in behavior is that you may notice they're not changing clothes with the same frequency. You may also notice that, as someone who used to take a shower or bath every day, now, they're not bathing or showering for days on end. Your mother used to keep her hair stylish and well groomed. Suddenly, she doesn't seem to care anymore. Your loved one may also allow their fingernails and toenails to grow excessively.

You may also discover that your loved one has lost interest in hobbies they used to love. They may no longer agree to go to movies or to other places and activities. At some point, they may not want to leave the house at all.

Any of these changes of behavior can justify further investigation to ensure that your loved ones can safely

and happily continue to live on their own.

Wandering

It is a serious question of health and safety if a loved one begins to wander off. By 'wander off,' we're referring to the tendency to walk or drive away without a destination and, often, while becoming lost. Not only is this potentially very dangerous, it's also nerve-racking for those who can't find a loved one who has wandered.



Rita Vasquez, M.A., an MFTI Clinician at Quail Lakes Counseling Center in Stockton, CA, said that wander-

ing off is common among those with latter stages of dementia. "They can wander even if you just take the time to go to the bathroom," she said. In the meantime, the probability of falls and injuries increase.

Stories in the news about seniors who have 'wandered off' can end tragically. This is a matter that you can't afford to treat lightly.

Aggression

You've known your loved one as a mild-mannered and loving person all these years. Suddenly, they seem to have a different temperament. They can be verbally abusive and easily aroused to anger. In the past, they never swore. Now, their language is liberally accented with words you would never have expected them to use. Aggressive behavior can be physical as they lash out angrily. In some cases, their aggression is even sexual.

Once again, this can indicate that they are in the latter stages of dementia. While loved ones, caregivers and other members of the family may suffer, your loved one becomes angry and resentful. They may tend to irrationally blame those around them.

Home Safety

Determining whether a loved one can safely live alone is a difficult matter. And the loved one may not be the least bit cooperative. They may even resent that you're questioning their ability to care for themselves. After all, for someone who has cared for themselves for the last 70 years or so, it's almost insulting to suggest they can no longer safely do so.

As difficult as this question is, it's also not a ques-

tion you can shy away from. After all, if they're no longer able to safely live on their own, and nothing is done, bad things can happen. While you may want to walk delicately around this question with them, you also want to make sure that they are safe.

Home safety can include the ability to perform daily tasks without injury. But, you may find they're leaving the stove on, going out to the store without locking



or even closing the doors. If they still drive, you may find that they have trouble doing so anymore.

Other safety related issues could include forgetting to take medications or forgetting that they already did and taking them again. They may forget to eat or they may eat things from the refrigerator that have long ago passed the expiration date.

Poor nutrition is a serious matter. It can lead to declining health and an increasing demand for care. Keep a watchful eye on their appetite.

Many family members believe that it is best to keep their loved one at home or with them for as long as possible. This is often the case. However, there comes a time when an increased level of care is essential. Few family members are properly qualified to handle all the demands of caring for a senior loved one. There comes a point where professional assistance is required.

When your loved one doesn't receive the level of care they truly require, their health and demeanor can suffer. This can lead to an irreversible downward spiral. You'll want to monitor them for signs of stress and other areas, such as those points covered above, where their ability to remain on their own, or remain at home, is challenged.

Once you've determined that the level of care they need requires greater expertise than you can offer, it's essential that you educate yourself about the levels of care that are available and prepare yourself to properly evaluate the ability of caregivers and senior homes to safely and properly provide the care your loved ones need.

Physician Indicates Need for Greater Care

Other than you, those most capable of evaluat-

ing when a greater level of care is required is often your loved ones' primary care physician. They may see physical changes that will alert them to concerns about your loved ones' ability to care for themselves.



They may also recognize mental and emotional changes that are indicative of the need for greater care.

The primary care physician is often someone who will initiate the move towards providing your loved ones with greater care. They can also help create a 'Plan of Care' that considers all the physical and emotional needs of your loved ones. They will take into account factors, such as dementia, problems with mobility and, for instance, issues of incontinence.

You will want to develop a relationship with your loved one's primary care physician so you are receiving first-hand updates on their health. Try to go along on doctor's appointments. And, keep in mind that the primary care physician can be a great ally when the time comes to convince your loved one that they need more care, whether a caregiver in the home or moving to a new home, such as an assisted living home.

Chapter 2 – The Right Level of Senior Housing

“You don’t stop laughing when you grow old, you grow old when you stop laughing.”
— **George Bernard Shaw**

As the previous chapter suggests, a time will come when you or your loved one will want to consider moving into a senior housing arrangement of some kind. When that day arrives, it’s safe to say that you’ve recognized that you or your loved one can use some assistance. It’s probably time that you or they let go of some of the responsibilities that you or they have handled all these years, such as maintaining a home. As we all know, that’s a lot of work, particularly as the years catch up on you. That’s not to say you or your loved one shouldn’t remain as active as reasonably possible; you should. It just means that it’s time to find a place to live where you or they won’t have to worry about those household chores. At some point, the assistance you or they require may reach a level that is more personal. Choosing the right level of senior housing will go a long way towards ensuring that you, or they, are safe, healthy, comfortable and happy.

The goal, at whatever level of senior housing you require, is *Carpe Diem* – Seize the Day. Once you’ve

decided that it’s time for the move into senior housing, it will help to embrace the decision. See it as another part of the journey of life. In the process, it’s essential to find the level that best fits you or your loved one – that provides services that are required but won’t unnecessarily inhibit independence. Therefore, it’s easy to see that finding the right level of senior housing is essential. In the process, you’ll put yourself in a position to actually make the most of each day.

Choosing the best level of senior housing and care starts with examining the care that is available at each level of senior housing and comparing that care to your or your loved one’s needs. You should have a fairly good idea of those needs after considering the last chapter of this book. This chapter simply helps to match the care required with the care provided at each level of senior housing.

Independent Living

Independent Living is a level of senior housing where residents can really give their spirits free reign. It’s generally in a townhome or apartment setting where they can come and go as they please while someone else handles most or much of the maintenance of the home. Many in independent living still drive and will take to the road for shopping, dinner, and a show, visiting a museum or going to the grocery

store. In many ways, the difference between this level of senior housing and the home a senior lives in now is the level of care they receive and the level of freedom they experience from some of those responsibilities they once handled. If you choose a senior home carefully, it's often not too difficult to put down roots at this level. The surroundings are new but your routine shouldn't change too much.



An independent living home for seniors is an excellent way to give your loved ones greater freedom from the responsibility of maintaining a home without losing their independence.

Here are some of the characteristics and services you can expect to find in most independent living settings:

- You and your spouse will generally live alone
- Most of your neighbors will also be independent seniors
- The setting is most often in a townhome or apartment
- There are opportunities for Community Involvement
- Possible access to fitness centers, golf courses and more
- Beauty salons, barber shops, and spas are usually close at hand

You may arrange for the following though usually with additional fees:

- Medical reminders for doctor appointments and medications
- Nursing/Rehab visits
- Grocery delivery
- Meal preparation
- Housekeeping & Laundry Services
- Health & Safety Checks

This level of senior housing can provide a great sense of liberation from all those tasks that used to tie you down. No longer will you have to forgo an evening on the town because you 'have to chores to do' or you're worn out from doing those chores earlier in the day. Independent Living is where the Golden Years can really shine. But, the next level of senior housing and care also provides opportunities for self-expression and freedom.

Assisted Living

Many of the services listed above are also available in an Assisted Living arrangement. One of the biggest differences is that, in an Assisted Living setting, you or your loved one will often share a home with others. This is a means of defraying the costs of providing

this higher level of care by sharing the costs among more than one senior. This brings up a key factor that we'll cover later – the Caregiver-to-Resident Ratio.

Choosing an Assisted Living setting makes sense if you require a higher level of care than is reasonable in an Independent Living arrangement. Inevitably, this will require the sacrifice of some independence. Since most living in this level of senior housing no longer drive, that creates a rather obvious change in lifestyle. But, your spirit can survive intact if you choose a quality Assisted Living Home (see the next chapter) and you approach the experience with a positive attitude. It's much easier to maintain a positive attitude if you do a better job of choosing an Assisted Living Home. The home should make it easier to be upbeat and cheerful while helping to keep life's difficulties manageable.



When a higher level of care is required, assisted living, where your loved one shares a home with several other seniors, is an economical alternative.

Choosing the wrong Assisted Living arrangement can land a senior in an unhealthy environment that does more to suppress their spirit than to embrace their individuality and nurture their

dignity. That kind of negative environment can also have bad repercussions for the senior's health. Living in such an arrangement is often stressful and stress is not good for the health. Once again, it's essential that you choose wisely once you've determined this is the appropriate level of senior housing and care for you or your loved one.

What are the characteristics and services that you should expect to find in an Assisted Living setting?

- Generally, you or your loved one will share a home with other seniors
- You'll often live in an apartment building setting, though an Assisted Living setting in a renovated single-family home often proves a far superior option
- 24/7 care should be available (the expertise provided in this regard is an essential point we'll cover in the next chapter)
- Regular and scheduled Nursing Visits
- Transportation to medical appointments
- Administration of medications
- Rehab and Fitness programs
- Transportation for shopping and activities
- Daily meal preparation
- Housekeeping and Laundry services
- Social activities
- Crafts and other individual activities

The more you or your loved ones are able to embrace the social activities that are provided in an assisted living setting, the more likely you'll find the experience rewarding and fulfilling. If you keep the body moving, the mind should follow. On the other hand, if you keep your mind engaged, you'll find that you're more inclined to stay active. And keeping the mind and body active may help to forestall the need for the next level of senior housing and care.

Memory Care and Housing

At each level, the ability to comfortably settle in is increasingly challenged. In a Memory Care senior home, the reliance on others to help with daily activities increases and it is increasingly incumbent on others to assist in the maintenance of your independence. At this level, you, or your loved one, need to stay active while others help. For those caregivers, it's essential that they don't lose sight of the importance of your dignity. The level of Memory Care that is required, from the onset of dementia to Alzheimer's, will determine how much assistance is required. It's imperative to find a Memory Care home that has the experience and skills to help someone with memory loss while not losing sight of the resident's dignity.

Often, Memory Care housing will find seniors with degrees of dementia or Alzheimer's living on a dedi-

cated wing of a nursing home. This is a more traditional setting. It's also, traditionally, less personal with a higher ratio of residents to each caregiver. Fortunately, positive changes are afoot in the area of Memory Care housing. Some with dementia or, even, Alzheimer's are now finding semi-private apartments and private rooms in apartments and individual homes. This is usually in a secure setting with planned activities that fit the interests and abilities of the seniors in the home.

While the setting for Memory Care is vitally important, the quality of the services provided in this setting is absolutely essential. You'll want to know that those providing the care have the experience and training to ensure the safety of the residents they serve. The care and characteristics of a Memory Care home will usually include:

- Private or Semi-Private rooms in nursing homes, apartments and single-family style homes
- Daily meal preparation
- Housekeeping and Laundry services
- Physical therapy and fitness programs
- Medication Administration and Management
- 24-hour professional care
- Regular nursing and doctor visits as prescribed
- Transport to and from medical appointments

- Social programs
- Crafts and other activities
- Memory Care fitness programs
- Field Trips and transportation to and from hair and beauty spas, etc.

Once you've identified the level of senior housing that best fits you or your loved one, it's time to start looking at individual homes. The next chapter will help you choose a particular home where you can successfully and happily transition to senior living.

Chapter 3 – Find a Senior House You Can Call Home

“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

— James Baldwin

In the first chapter, we discussed the difficult process of concluding that it's time for senior housing. In the next chapter, we discussed the levels of senior housing. Now it's time to consider how you will find a house you can call home: where you'll feel 'at home'



Finding the right senior home can have a dramatic effect on the quality of your life.

and have the right environment to continue your journey with dignity and meaning. This chapter provides tips on evaluating senior homes, at whatever level, so you can transplant your life with confidence and, hopefully, a degree of eager anticipation.

There are numerous factors to consider. And, choosing the right home also depends on the individual. Someone much like you or your loved ones may fit perfectly in a

home you're better off rejecting. While there is a lot to consider, this is an essential part of the process of choosing the right senior home, at whatever level of senior housing you require. Evaluate carefully and you, or your loved one, have a much better chance of finding the conditions ideal for a comfortable and enjoyable living experience. Choose poorly and it won't take long to regret the move.

What are the considerations when choosing a senior home? Below, we will cover a wide range of considerations, though you should feel free to add those of your own based on what you feel strongly about. These considerations are divided into the following categories:

- **The Facility – The Home**
- **The Care**
- **The Amenities & Activities**
- **Spiritual Support**
- **Domestic Services**

At the end of this book, you'll find a Check List to use as a guide when evaluating senior homes. Check off and comment on each point as you consider a particular senior home. This way, you can keep a running evaluation of each home so you can easily compare one to the other. You may want to modify the list as you see fit before starting. But, remember that, the

more thorough you are in considering where to set down roots, the more likely you are to find you've made a wise choice later.

The Facility – The Home

There are numerous aspects of the home itself to evaluate. Where is the home located and in what kind of neighborhood? What places of worship are in the neighborhood? Are there stores, restaurants and other interesting sites nearby? What medical facilities are near your new home is a critical point we'll discuss in the section on Care.

Look at it this way, if your loved one was born, raised and lived their entire life in a single-family home, they may not want to move into an apartment. The same holds true if they lived their life in the country or a more rural setting. They may not want to move into a senior home in the heart of a city. In general, a rural setting is often



Shepherd Premeir Senior Living's Independent Living home in Harvard, IL, is an example of a rural setting where seniors receive quality care and assistance while they live in an environment where they feel at home.

more conducive to comfortable and relaxed senior living. But, that's up to you or your loved one. The location is a key point, but there are other considerations, too.

Location, Location, Location

As mentioned above, you'll want to consider whether you or your loved one would prefer a rural or a more urban setting. Once you've made this decision, other location-related factors will include accessibility to interstates and transportation hubs so that family and friends can visit without going too far off the beaten path. This includes determining a geographic area that is close enough to transportation and the homes of those who will visit often.

Choosing a good location may also consider the distance an ambulance or fire fighting vehicle would have to travel to reach the home. Is there a movie house nearby? How about a museum or two, antique shops, shopping, live theatre, parks and recreational facilities, more?

Before you start your search, set the parameters for the locations you or your loved one is willing to consider before you start your search. You can eliminate senior homes that don't fit within those parameters and save yourself some time.

Area Attractions & Shopping

A big question is whether there are things to do, places to shop and things to see near your new home. Scout out the restaurants and ask around about the price, quality and hours. What else do you like to do? Do you like to go to a movie or a live show? You'll want to know that these activities are available. You may want to take visitors and family to the zoo or museum when they come to call. And, when it comes to shopping, are there stores nearby where you'll like to shop?



Access to shopping, shows, dining and attractions can greatly enhance the value of a senior living home.

Condition & Safety

Before moving in, you'll want to ensure that the facility is safe and in a condition that is reliable. Is the heating & cooling equipment fairly new or are they likely to breakdown on a dog day of summer or a frigid day in winter? Even if they don't breakdown, are they up to the task on average days and where do the managers of the home set the thermostat? Is the kitchen equipment sufficiently new and reliable? What about the plumbing? In this regard, is the home us-

ing city water and, either way, how does the water taste? If the home has a private well, is the well in good working condition. Is the septic field in good shape and



This ground-level home does not require the use of stairs for residents to get in and out. That is one aspect to consider in terms of a home's safety.

able to handle the number of residents, caregivers, and visitors in the home? Are the windows old and drafty or are they new, with tight seals? How is the roof or will you wake with water dripping on your face some night? Are there stairs for your loved one to contend with? Above all, you'll want to know that the home is safe, has adequate lighting, smoke and carbon detectors, fire extinguishers, handrails on stairs and an emergency plan for fires, tornadoes or floods is essential.

Floorplan & Rooms

Look over the floorplan critically. Do the bedrooms have private baths? If not, how far will you or your loved one have to go at night to get to a bathroom? How many residents are in the home? And, if some of the other rooms are empty, how many residents will share the home when all the rooms are full?

Are there stairs? If so, how many? Are there handrails? Is the room located where lights from traffic will shine in the window at night? For that matter, are the rooms big enough? If you or your loved one is using a wheelchair or walker, is there room to maneuver?

Try to imagine yourself or your loved one living in this house. Does it fit? Is it a home you or they will be comfortable and happy?

The Care

What could be more important about your new home than the quality of care you receive there? This will include a number of factors, prominent among these, of course, having to do with the experience, qualifications, and attitude of those who provide the care. If you find a home where the staff truly appreciates helping improve the quality of life for the seniors they serve, you've made a very good start. If the caregivers can combine that attitude with the knowledge and understanding to ensure that you or your loved one are safe, comfortable and



The quality of caregivers is an integral part of finding the right senior home.

happy, many other factors in this guide will simply fall into place. In this regard, however, there is one critical proviso – the Caregiver-to-Resident Ratio – which is our next topic below.

The Critical Caregiver-to-Resident Ratio

Even the best staff – the best trained with the most experience and a fantastic attitude – will struggle to meet the needs of the residents they serve if they're overwhelmed trying to care for too many seniors on their own. This is why the Caregiver-to-Resident Ratio is critical.

Simply put, a caregiver cannot be in two places at one time. Therefore, when you're deciding on a home where you'll settle in with confidence, the lower the Caregiver-to-Resident Ratio the better. This doesn't compensate for an inexperienced staff, a staff that hasn't received the appropriate training and certifications, or a staff with a negative attitude. In other words, it's not enough to consider the Caregiver-to-Resident Ratio and base your decision strictly on that. However, if the Caregiver-to-Resident Ratio is too high, even a highly qualified staff will struggle to provide appropriate care. You can expect to spend time waiting for care, from caregivers who are perpetually rushed.

Are the Caregivers Qualified?

The qualifications you should expect of caregivers in a senior home where you're considering putting down roots depends on their role in the home. If someone is merely an orderly, obviously, they may not require any certifications to complete their tasks. However, the home should provide some kind of clean bill of health for orderlies, too. For instance, someone with a criminal background or outstanding warrants is a bad risk. If they do have blemishes in their background, what are those blemishes? Someone convicted of domestic violence shouldn't come anywhere near a senior residence. Someone convicted of drug charges is equally incompatible with serving seniors in a senior home, too.

These questions hold true when talking about caregivers who have more important roles in the home that require higher qualifications. A Certified Nursing Assistant is equally disqualified if they have a criminal background that suggests they cannot be trusted. They should have a clean bill of health. The home should ensure that their caregivers don't have any communicable diseases they could give to the seniors in the home, seniors who often have more susceptible immune systems. In the same sense, it's critical that caregivers, even the orderlies, know how to handle food and other materials to ensure the safety of eve-

ryone in the home.

For the Certified Nursing Assistants in the home, you should ask (politely demand) to see their state licenses. A CNA has the greatest direct contact with the residents. These are the people who will help with dressing, bathing, toiletry, and meals. They'll often administer medications or provide reminders when it is time to take medications.

That the CNA has the correct certification is a start. The next question you need to ask is about their experience. Where have they worked in the past? For how long? Why did they leave? You may ask to see their resumes.

Though Registered Nurses seldom work full time in a senior home, many senior homes will have a Registered Nurse who comes on particular days to look in on the residents and ensure that they are doing well while responding to any health concerns that may come up. The RN may also come to the home if



The best caregivers have training, education and experience to enhance their ability to serve residents of a senior home.

called in response to a particular health concern of a resident. Once again, don't take their credentials and experience for granted. Ask questions; ask for proof.

Any senior home worth its salt will also have an Activities Director. The Activities Director will ensure that the home isn't a warehouse for the aged but, rather, a place where seniors can safely and comfortably participate in life. A good Activities Director is usually someone with the kind of energy and creativity to develop activities for residents that go beyond turning on the television – well beyond. They'll understand the limitations of each resident and will develop activities that fit within those needs.

It's a very good idea to spend some time speaking with all the staff members to get a personal feel for their abilities and attitudes. This is no less a good idea when it comes to the Activities Director. Trust your instincts, but gather and evaluate information, too.

Do the Caregivers have the Right Stuff?

When you're scouting new homes for a place where you can make a home, you want to test the air, so to speak. By this, we mean that you want to catch the flavor of the environment. This usually begins with the demeanor and attitude of the caregivers, as well as other residents. Keep in mind, however, that most people try to put their best foot forward. The staff will



Will registered nurses oversee the care of your loved ones?

certainly strive to make a good impression on your visit to the home. Therefore, at a glance, you can't really determine the demeanor and temperament of the staff. You'll need to

dig a little deeper.

One way to get a more accurate reading of the tenor of the attitudes of the caregivers in the home is to ask targeted questions when meeting with the Director of the home. For instance, you may want to ask about the turnover rate of caregivers at the home. A high turnover rate may suggest the possibility of conflict with the staff or the inability of the home to find qualified caregivers who live up as advertised when hired.

You may also want to ask to look at the Employee Manual. Some may tell you this is proprietary material. Don't be stonewalled. You have a right to know what they expect of their employees, as well as how they deal with issues and conflicts. If they don't have an Employee Manual, it may say something about their commitment to professionalism.

Another question to ask is about their hiring process. What qualifications and experience do they demand? What are the key questions they ask when hiring?

The next step when determining if the home has an atmosphere where you can successfully settle in is to take a look for yourself. While they're showing you the home, observe the staff as they interact with the residents. Watch the reaction of residents to the staff. Ask staff members questions about their daily activities and how they respond when issues come up. Listen to the answers carefully seeking an understanding of how the caregivers feel about their responsibilities and activities, and how they feel about the seniors they serve. Also, speak with the residents of the home. How do they feel about the care they receive and about living there and why?

When you ask a caregiver how they feel about working with the residents, most will give the kinds of answers you expect – the kinds of answers someone gives when they're trying to make a good impression. If you've ever watched the television show Columbo, this is your opportunity to be a good sleuth. For instance, after asking some questions and saying, 'Thank you,' stop as you depart and throw that really important question their way now that their guard is down.

Availability and Access to Healthcare & Hospitals

This is one of the questions to consider when looking at the location of a home. The point is that, though the staff in the home you're considering will provide assistance with activities related to daily living, as well as some healthcare, such as administering medications, you or your loved one will almost certainly require assistance from other healthcare providers depending on your personal health concerns.

It's advisable to ensure that, either your healthcare provider is reasonably close, and/or there are healthcare providers you're comfortable working with who can respond to you or your loved one's individual needs, who are also in the immediate area.

You may want to consider this question beyond your immediate needs. In other words, are there an adequate number of healthcare providers in the area with specialties who can provide care if you experience a new health-related condition? Down the road, you may find that you have health issues that you didn't have the day you moved into your new home.

If you're not familiar with the healthcare providers



and hospitals in your area, you may want to do some research into the reputation of healthcare providers in the area. Do they accept payment from your insurance? As a senior, healthcare is a critical issue. You don't want to take this issue lightly.

ADA Compliance

For someone with disabilities, ADA compliance at a new home is a must. If this includes you or your loved one, you also want to know that the staff is qualified and experienced with helping those with disabilities. But, what if you or your loved one doesn't have a disability today? Is this still an important question?

The answer is a great big YES! If you don't have a disability today, the question is whether, one day, you will. A disability may even be temporary. For instance, you or your loved one may throw out your back or find that you need a new knee. In either case, you'll need someone who can help and an ADA compliant facility.

We've already established that, when looking for a senior home, one of the goals is to achieve some permanency; you want a place where you can put down roots. If your home isn't able to meet those needs, if you do find yourself, temporarily or otherwise, disabled, you'll have to move again. Many senior homes

today are ADA compliant. But, make sure the staff is qualified and experienced helping people with disabilities, too.

Incontinence Assistance

For many, incontinence is a delicate subject. Unfortunately, the percentage of seniors who have some degree of incontinence is high. In fact, according to a 2014 study by the U.S. Department of Public Health, of seniors 65 and over living in a residential care facility, 39 percent had an episode of incontinence in the seven days prior to the survey. The study also showed that incontinence isn't entirely gender neutral. Women are more likely to have incontinence than men.

Steve Maskrey, a retired vice president of sales and marketing personal care with Medline Industries, frequently conducts presentations on how to live with incontinence. Maskrey insists there is good news for those suffering from incontinence, whether dealing with a little leakage or more significant episodes.

“All of the developments in undergarments and disposable incontinence products have really given people a lot of freedom,” he said. “People are more comfortable (now).”

On the other hand, Maskrey said that before these new products, seniors with incontinence felt as though

they were prisoners in their own homes. That holds true even if your home is a shared house for seniors. But, Maskrey said that incontinence is more than a potential embarrassment. It also poses a serious health risk.

If incontinence isn't dealt with promptly, a senior who remains wet and/or soiled invites disease and, possibly, even death. In other words, incontinence is nothing to take lightly. This is why it is essential in the home you're considering, or considering for a loved one, that members of the staff are past masters at helping seniors deal with incontinence. Properly dealt with, incontinence can represent little more than a mild inconvenience. Otherwise, it can be a very serious matter, serious enough that it deserves more than your cursory interest. You should have a discussion with the staff at a home you're considering to ascertain whether they actually have the expertise and an understanding of the importance of incontinence care. You don't want to put down roots in soggy soil.

Memory Care Program

“To care for those who once cared for us is one of the highest honors.”
— **Tia Walker**

Let's consider some statistics in regards to memory

loss, too. According to the Centers for Disease Control and Prevention, one of every eight seniors, 60 and over, reports some level of memory loss. The study also found that 80 percent of those seniors found that their memory loss was severe enough that they required regular assistance.

Rehabilitation Program

Less a matter of putting down roots, you may consider senior housing, for yourself or a loved one, who requires assistance with and during a rehabilitation program. Or, you may require a rehabilitation program as you or a loved one puts down roots in a senior home. In either case, it's imperative that the home will enhance and support your rehabilitation program, whatever the condition that requires rehabilitation.

In most cases, a nurse or physical therapist will come to the home to assist you or your loved one with the program. In some cases, you may need to travel to the rehabilitation center.

Whether your stay in the home is temporary, or you're staying on a longer basis, you may require as-



sistance with dressing, bathing, meal preparation and other daily activities. Is the home you're considering prepared to offer the assistance you require? Is the staff at the home able to cooperate with your medical provider and/or physical therapist? These are all critical questions you should ask. But, there are other questions, too.

Once again, the proximity to your healthcare providers is an important question, whether you're going to them or they are coming to you. If you need to go to the physical therapy, doctor's appointments or for other medical procedures, how will you get there? Does the home have a van to transport residents? If not, once again, how will you get there?

The Amenities & Activities

Phone, Television & Internet

Once you or your loved one put down roots in a senior home, you and they will want to stay in touch with family and friends. If you or your loved one will use your own cell phone, make sure you've got good reception in the home. If not, if you're still willing to consider the home, ask what provider they use for their cell phone service and how good their connection is. If you can, maybe you should think about switching to their mobile phone carrier.

If you or your loved one won't use your own cell phone you'll want to know about the level of access they provide to phone service. How many phones are there? Is access to phone service included in the cost of living at the home? Are there preferred hours for family and friends to call? How do they handle taking and delivering messages?

As for television service, if you or your loved one enjoys watching television, you'll want to know if they have the channels you like to watch. You'll also want to know if there is more than one television so that residents who want to watch different programming can do so.

If you or your loved one is Internet savvy, you'll want to know if they have Internet access in the home. If so, and you have your own computer, is that something you can connect to the Internet in your own room? If you or your loved one is not bringing their own computer is there a shared-access computer and what are the rules for using it? For instance, residents may be limited to a certain amount of time on the computer in order to allow everyone a chance.

If you or your loved one is not fluent in using a computer or the Internet is the home willing to provide some training?

What About Outdoor Facilities?

There is nothing that beats cabin fever like going outdoors on a pleasant day. The fresh air, a slight breeze, the birds chirping: it's a tonic for the soul. But is the home setup so you can make the most of the outdoors?

At the very least, the grass should be regularly cut and the leaves raked in the fall. But, that's not enough. A home that is truly dedicated to the welfare of the residents they serve understands the value of the outdoors on the health and perspective of residents and caregivers. They will make significant efforts to create an outdoor environment that is warm and welcoming.

The outdoors facilities may include a few chairs on the lawn. That's nice but it's not much. How about a patio? The home might even have a patio with a grill where residents and caregivers can dine outdoors. How about gardens? Who doesn't



This Shepherd Premier Senior Living Home in Crystal Lake, IL, has room to take a leisurely stroll, chairs in shaded areas, and the landscaping is well maintained. You'll want nothing less from the senior home you consider.

appreciate a well-maintained flowering garden? Some pathways for morning or evening strolls can give residents a greater opportunity to enjoy the splendors of nature.

Games, Arts & Crafts

It's essential that seniors remain active. It's good for



Are there games and activities to keep your loved ones mentally active?

the body and the mind, not to mention the soul. If the home has a good Activities Director, they should have some exciting things in store, depending on how active you or your loved one is. They may have Arts & Crafts organized

from time to time. They may also have game nights scheduled. But, even if it's not an organized event, you may want to do some Arts & Crafts or play some games. Having an open mind to the opportunities these offer can provide hours of fun and enjoyment.

When you're evaluating a potential home, take a look and see what kinds of Arts & Crafts they have, as well as what games they have. Do they have materials for the kinds of Arts & Crafts you enjoy and games you like to play? If not, can they get them? Can you

bring your own? You might also want to consider trying something new. Remember, keeping an open mind is a great way to improve the chances that you or your loved ones will find the home a comfortable and pleasant place to live.

Is there a Library?

Do you like to read? A lot? A little? Whether you're an avid reader or someone who likes to flip through an occasional magazine, if the home has access to reading material you appreciate, this can be a treasure trove for quality time spent reading.

You may like reading the newspaper. Does the home have a subscription? Can they take out a subscription on your or your loved one's behalf? If not, will they assist you in obtaining a subscription and bringing the paper in when it's delivered?

The home may also have access to the area public library. If so, maybe they'll take residents to the library each week. Or, they can order books on behalf of residents and pick them up for residents to read and return them when the residents are done with the books.

The library could also include a video library with movies. If so, look over the movie selection, too. Can they order movies online or through the television programming provider?

Transportation

There is a good chance that, when you or your loved one moves into senior housing, they won't drive anymore. If you or they do, check that they have a safe place to put a car. But, if that's not the situation, you'll have other transportation concerns other than a car; the question you'll want answered is 'How will I (or my loved one) get around?'

This is not a question that you or your loved ones should take lightly. On the one hand, won't you or your loved one want to get out of the house and go somewhere once in a while: go to a movie, a museum,



the zoo or the park? On the other hand, what will you or your loved one do if you need to get to a doctor's appointment?

Many senior homes have an ADA compliant van they use to drive residents to events and appointments. Take a good look at the van, or whatever vehicle they have. Is it easy enough to get in and out? Is it licensed appropriately? How old is it? While looking inside, see if it's clean, if the upholstery is torn and be sure to take a look at the mileage. How safe is the vehicle if it has high mileage? That depends on how well it's maintained. You might even want to ask about the vehicle's maintenance schedule.

Food & Meal Quality

"There is no love sincerer than the love of food."

— **George Bernard Shaw**

"Let food be thy medicine and medicine be thy food."

— **Hippocrates**

Food provides nourishment that we require to survive, to maintain our energy and our health. The right food, in proper proportions, can make a big difference in the quality of your or your loved one's health. Food, of course, does more than that. Food also provides pleasure. It can excite the taste buds and give a

sense of happiness and euphoria, assuming the food is good.

The goal is to find a home where the food is as tasty as it is healthy. You have a right to expect the food to measure up, or at least come close, to your expectations.

You may also have special dietary needs. Whatever the case, you'll want to know that the home can meet the requirements of your health, your taste buds, and your dietary requirements.



*The way to the heart is through the stomach.
Will the food they serve at a senior home
you're considering measure up?*

It's not a bad idea to ask for a meal on a visit, particularly if they weren't expecting such a request. Assuming you're not preparing your own meals in an independent living arrangement or cooking for yourself in an assisted living home, you'll want to know how well the food is prepared. You'll want to know if the staff has the expertise and experience to meet your needs and keep your palate reasonably satisfied.

You'll also want to know how many meals are prepared and at what times. Do they provide three meals each day? What happens if, for some reason, you miss a meal? What is available between meals for snacks?

If you do have special dietary needs, this may create limitations for your diet. You may want to feel out those who prepare meals at the home to see how comfortable they are trying new recipes that might make a special diet a little more exciting.

Spiritual Support

Many seniors consider their spiritual needs as important as their physical and emotional needs. They have a right to expect the full support of the staff at a senior home where they choose to live. This holds true whether they approach their spirituality through



organized religion or they have a less-structured belief system. The staff, and fellow residents, have a deep responsibility to treat the beliefs of residents they serve, or residents they share a home with, respectfully.

According to Harold G. Koenig, *Aging and God: Spiritual Pathways to Mental Health in Midlife and Later years* (New York: Haworth Pastoral press, 1994).

Below, is Koenig's list. You would do well to consider this list in terms of evaluating a potential home's ability to fully support your or your loved ones' spiritual needs:

- A need for meaning, purpose, and hope
- A need to transcend circumstances
- A need for continuity
- A need for support in dealing with loss
- A need for validation and support of religious behaviors
- A need for personal dignity and sense of worthiness
- A need for unconditional love
- A need to express anger and doubt
- A need to feel that God is on their side
- A need to love and serve others
- A need to be thankful
- A need to forgive and be forgiven
- A need to prepare for death and dying

If you or your loved ones do practice an organized religion, it is wise to seek out a church, synagogue, temple or congregation near a home you're considering. Will you or they be welcomed by the congregation? Do you or they feel comfortable worshipping with this group? Maybe you should attend some services and other events to get a feel for the congregation.

Are the Domestic Services Up to Par?

House Cleaning

In many cases, senior housing includes domestic services. This may not be the case in some independent living arrangements but is a staple in any quality assisted living or memory care facility. The question is how good of a job are they doing? How often do they clean? Giving a home the white-glove test, when you visit, is more than appropriate. As you go through the home, take a good look in each room. This certainly includes the bedrooms and bathrooms.

Once again, if they're expecting your visit, they've probably put their best foot forward and have given the home a thorough cleaning in anticipation of your arrival. Ask them how often they clean. Ask residents if they think the home is kept sufficiently clean. And

don't forget to check the kitchen. This is where the food is prepared. In the interest of health, the kitchen should be especially clean. Take a peek inside the refrigerator. Is there any spoiled food in the fridge? Does the refrigerator need cleaning? Does the freezer need cleaning or even defrosting? Look in the oven? Is it reasonably clean? Look in the cupboards for dust and signs of mice or insects. Be thorough.

The saying goes that 'Cleanliness is next to Godliness.' Whether this is true or not, it is absolutely true that someone will feel better about themselves living in clean and orderly surroundings while those in dirty squalor are more likely to feel less inspired. If the home you're considering is clean, that's a good start.

Laundry Service & Frequency

Seniors should wear a fresh change of clothes each day. Some seniors are less inclined to worry about this. However, it is healthier wearing clean clothes each day and it's better for an individual's outlook. In fresh clothes, they will probably feel better about themselves – fresher and more alive.

So, when considering the issue of laundry at a prospective senior home, you'll want to know if the home does all the laundry or if there are laundry machines that residents can use. Assuming the staff will do the



Will the senior home you're considering provide clean bed linens each night?

laundry, with what frequency will they do laundry? And, of course, you'll want to know if there is an additional fee for doing laundry.

In terms of bed linens, it's important that residents have clean linens each night. This will help to ensure that they have a more comfortable night's sleep. It will also help to avoid bed bugs, microorganisms, and pathogens that could cause infections and rashes. Damp sheets can lead to serious skin diseases, such as bedsores. Even wrinkles in the bedding can make the bed uncomfortable and can cause bedsores.

The frequency that linens are washed should, at the minimum, be once every week – more if the resident has problems with incontinence, in which case the linens should be replaced with clean, dry linens as often as necessary.



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Senior Home Evaluation Checklist

When you go out to find a senior home for yourself, or a loved one, it's easy to forget some aspect of the home you meant to consider, even something crucial. Take this Senior Home Evaluation Checklist along. The following pages will help to ensure that you find the best senior home possible.



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Senior Home Evaluation Checklist

Is It Time for Senior Housing?

	Yes	No
Changes in Behavior	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Wandering	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Aggression	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Are They Safe at Home?	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Physician Indicates Need for Increased Care	<input type="checkbox"/>	<input type="checkbox"/>



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Senior Home Evaluation Checklist

The Right Level of Senior Housing Independent Living

Do you require ...

	Yes	No
Will live alone	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Senior Neighborhood	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Townhome or apartment	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Community Involvement	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Fitness centers, golf courses, etc	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Salons, barber shops, spas, etc	<input type="checkbox"/>	<input type="checkbox"/>



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Senior Home Evaluation Checklist

The Right Level of Senior Housing Independent Living (Continued)

The following usually requires
additional fees ...

	Yes	No
Medical Reminders	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Nursing/Rehab Visits	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Grocery Delivery	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Meal Preparation	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Housekeeping & Laundry	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No
Health & Safety Checks	<input type="checkbox"/>	<input type="checkbox"/>



Senior Home Evaluation Checklist

The Right Level of Senior Housing Assisted Living

Do you require ...

	Yes	No
Share a Home with Seniors	<input type="checkbox"/>	<input type="checkbox"/>
Apartment/Single-Family Home	<input type="checkbox"/>	<input type="checkbox"/>
24/7 CNA Care	<input type="checkbox"/>	<input type="checkbox"/>
Nursing Visits	<input type="checkbox"/>	<input type="checkbox"/>
Administration of Medications	<input type="checkbox"/>	<input type="checkbox"/>
Rehab/Fitness Programs	<input type="checkbox"/>	<input type="checkbox"/>
Transportation	<input type="checkbox"/>	<input type="checkbox"/>
Daily Meal Preparation	<input type="checkbox"/>	<input type="checkbox"/>
Housekeeping/Laundry Services	<input type="checkbox"/>	<input type="checkbox"/>
Social & Other Activities	<input type="checkbox"/>	<input type="checkbox"/>



Senior Home Evaluation Checklist

The Right Level of Senior Housing Memory Care Housing

Do you require ...

	Yes	No
Private/Semi-Private Room	<input type="checkbox"/>	<input type="checkbox"/>
Daily Meal Preparation	<input type="checkbox"/>	<input type="checkbox"/>
Housekeeping/Laundry Services	<input type="checkbox"/>	<input type="checkbox"/>
Physical Therapy/Fitness	<input type="checkbox"/>	<input type="checkbox"/>
Medication Management	<input type="checkbox"/>	<input type="checkbox"/>
24/7 Professional Care	<input type="checkbox"/>	<input type="checkbox"/>
Nursing/Doctor Visits	<input type="checkbox"/>	<input type="checkbox"/>
Transportation	<input type="checkbox"/>	<input type="checkbox"/>
Social & Other Activities	<input type="checkbox"/>	<input type="checkbox"/>
Memory Care Program	<input type="checkbox"/>	<input type="checkbox"/>



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Senior Home Evaluation Checklist

Finding the Right Senior Home The Facility - The Home

Is it In a Good Neighborhood	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Stores/Restaurants/Theaters	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Zoos/Museums/Other	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Close to Medical Care	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Home is in Good Condition	Yes <input type="checkbox"/>	No <input type="checkbox"/>
The Home is Safe	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are there Stairs	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Private Bath with Room	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Room Size is Adequate	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Bedroom is Comfortable	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Living Areas are Comfortable	Yes <input type="checkbox"/>	No <input type="checkbox"/>



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Senior Home Evaluation Checklist

Finding the Right Senior Home The Care

	Yes	No
Caregiver-to-Resident Ratio	<input type="checkbox"/>	<input type="checkbox"/>
Caregivers have Qualifications	<input type="checkbox"/>	<input type="checkbox"/>
24/7 Caregiving in Home	<input type="checkbox"/>	<input type="checkbox"/>
Caregivers have Positive Attitudes	<input type="checkbox"/>	<input type="checkbox"/>
Healthcare is Accessible	<input type="checkbox"/>	<input type="checkbox"/>
Home is ADA Compliant	<input type="checkbox"/>	<input type="checkbox"/>
Incontinence Assistance	<input type="checkbox"/>	<input type="checkbox"/>
Memory Care Program	<input type="checkbox"/>	<input type="checkbox"/>
Rehabilitation Program	<input type="checkbox"/>	<input type="checkbox"/>



Senior Home Evaluation Checklist

Finding the Right Senior Home Amenities & Activities

	Yes	No
Private Phone/Good Reception	<input type="checkbox"/>	<input type="checkbox"/>
Televisions #____, Programming	<input type="checkbox"/>	<input type="checkbox"/>
Internet/Computer Access	<input type="checkbox"/>	<input type="checkbox"/>
Quality of Outdoor Facilities	<input type="checkbox"/>	<input type="checkbox"/>
Quality of Games/Arts/Crafts	<input type="checkbox"/>	<input type="checkbox"/>
The Home has a Good Library	<input type="checkbox"/>	<input type="checkbox"/>
Safe Transportation is Provided	<input type="checkbox"/>	<input type="checkbox"/>
Meal Quality is Good (1-5) ____	<input type="checkbox"/>	<input type="checkbox"/>
Three Meals/Snacks Daily	<input type="checkbox"/>	<input type="checkbox"/>
Spiritual Support is Provided	<input type="checkbox"/>	<input type="checkbox"/>



Senior Home Evaluation Checklist

Finding the Right Senior Home Domestic Services

	Yes	No
Quality of Housekeeping is Good	<input type="checkbox"/>	<input type="checkbox"/>
Laundry Services Provided	<input type="checkbox"/>	<input type="checkbox"/>
Frequency of Laundry Services	<div>Per Week</div> <hr/>	



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*Senior Home
Evaluation
Notes*

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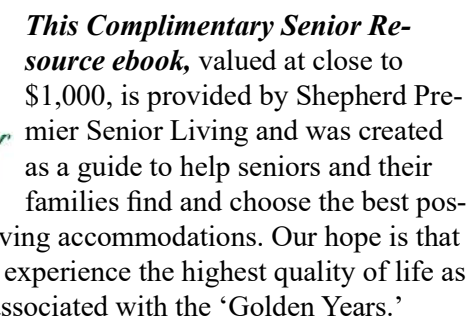
Senior Home Evaluation Checklist

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Shepherd Premier Senior Living was founded by Brandon Schwab in 2014 in response to his own experiences caring for family members who required personal assistance. Co-Owners Steve and Theresa Maskrey joined Brandon after similar experiences in their own lives. In the Maskrey's case, they also brought decades of experience serving the aged. What they all have in common is a dedication to improving the lives of seniors while helping to relieve their families of the worry and stress so familiar to those striving to care for their parents and loved ones. This motivation is the genesis for this ebook.

Through exhaustive research and the application of extensive experience, this material was compiled in the fervent hope of helping others who are going through what the Schwabs and Maskreys have experienced. The same experience and expertise employed to create this ebook has enabled Shepherd Premier Senior Living to bring Boutique Senior Living homes to Illinois. Boutique Senior Living breaks the mold for senior care and senior living. Rather than warehousing seniors in expansive senior facilities where they're easily forgotten by overtaxed staffs of senior care givers fighting against ratios of 20 seniors to every caregiver, with Boutique Senior Living, seniors live in homes of no more than 16 seniors and a 5-to-1 senior-to-caregiver ratio that ensures loved ones are never lost in the shuffle.

To learn more about Shepherd Premier Senior Living and Boutique Senior Care, please, visit: <https://shepherdpremierseniorliving.com/>