



## Resource

145 NE Conifer Blvd. | Corvallis, OR 97330 | 541-757-2444 | [www.ConiferHouseALMC.com](http://www.ConiferHouseALMC.com)

### Touring a Memory Care Checklist

#### **Staffing:**

- How does your community increase longevity amongst its care staff? How long have some of your caregivers worked here?
- What is your staffing ratio? (Meaning, how many residents is each caregiver responsible for per shift?)
- Are your care staff continuously trained even after initial hire? If yes, how so?
- Who is on your health services team? Do you have a RN on staff?

#### **Cost:**

- What is everything included in your base rent? (Housekeeping, Laundry, etc.)
- What is not included in base rent?
- Do you charge extra for Medication Administration?
- How do your level of care charges work?
- Do you increase your rent yearly? If so, how much?
- Do you accept Medicaid? If our funds deplete and we eventually have to transfer to Medicaid, will we have to move again?

#### **Activities:**

- Does your community host a Resident Council or Town Hall Meeting where residents can make suggestions to activities?
- Can I have the activity calendar from last month as well as this month? (This

will help you identify if the program is growing or doing the same routine each month.)

What scheduled outings do you provide? (Day trips, country drives, walks in the summer, etc.)

What activities do you have that support physical, mental, and emotional health?

What types of outings are available for Memory Care?(Look for a variety such as country drives, lunch outings, and field trips)

2. Activities that support cognitive function? (Singfit, trivia, etc.)

3. Music Therapy and other anxiety relief activities?

4. Pretty and accessible outside courtyard area with evidence of activity.

5. Lots of natural lighting throughout the whole building, including individual rooms. (This will help fight depression and actually assist in encouraging residents to participate in activities.)

### **Food:**

What is your Head Chef's culinary work experience?

Do you provide scheduled snack times in addition to 24-7 snack availability?

What diets are you able to accommodate? (In addition to vegetarian, GF, things like that, you want to ask if they can accommodate mechanical soft, pureed, and thickened, so if something happens down the road, you're covered.)

What allergies/diet preferences are you able to accommodate?

### **Personal Care:**

What is an example of when your community developed a creative intervention to assist a resident either with behaviors or physical complications?

Do you require that a new intervention be put in place for every fall/major incident? (you want to hear yes, they should be continuously trying new interventions if the first ones don't work)

Visiting hours?

When touring a community notice if the care staff are smiling and approachable, it is important to know that you would feel comfortable coming to them with concerns if ever need be.

