

Choosing a Place to Live

*A Workbook for
Comparing Senior
Living and Care*

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LARGE PRINT



Worksheets

from

Choosing a Place to Live

A Workbook for Comparing Senior Living and Care

Book 11 of The Sitting Room Series



Alder
Creek
EDITIONS

About these worksheets

These are the 13 worksheets from Choosing a Place to Live. Print as many copies as you need. Each one names the chapter that explains it.

The whole book is free to download and print at aldercreekeditions.com.

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General information, not medical, legal, or financial advice. In an emergency, call 911. In a crisis, call or text 988.

From Chapter 3: What I Need, and What Matters to Me

The
help I need now: bathing, dressing,
medicines, meals, getting around, memory

The help I may need in the next year or two

What the doctor has said

**Where I want to be: near which family, friends, church, or
doctors**

From Chapter 3: What I Need, and What Matters to Me

What I want to bring:
furniture, a pet, a car

What matters most to me in a day

What I can spend each month, and for how long

Checking the Record

Place	What the record showed	Where I looked, and the date

5a. Tour: Independent Living

Name of the place	
Address and phone	
Date of the visit, and who came	
The person who showed us around	

Question	What we saw or heard
Did the residents look cared for, and did staff speak to them by name?	
Did we eat a meal here? How was it?	
How many staff are on duty during the day, and at night?	
How do residents get to the doctor, and who goes with them?	
What happens if a resident falls, or gets sick at night?	

5a. Tour: Independent Living

Question	What we saw or heard
How are complaints handled, and who do we talk to?	
What is included in the monthly fee: meals, housekeeping, rides, utilities?	
Can outside home care come in if I need it?	
Is there assisted living or nursing care on the same campus, and do residents get priority?	
What are the rules for guests, pets, and cars?	
The monthly price we were quoted, and what it includes	

What we liked, and what worried us

5b. Tour: Assisted Living

Name of the place	
Address and phone	
Date of the visit, and who came	
The person who showed us around	

Question	What we saw or heard
Did the residents look cared for, and did staff speak to them by name?	
Did we eat a meal here? How was it?	
How many staff are on duty during the day, and at night?	
How do residents get to the doctor, and who goes with them?	
What happens if a resident falls, or gets sick at night?	

5b. Tour: Assisted Living

Question	What we saw or heard
How are complaints handled, and who do we talk to?	
What help with daily care is included, and what costs extra?	
Who manages medicines, and what training do they have?	
Is a nurse on site? When?	
When would a resident have to move out because their needs grew?	
The monthly price we were quoted, and what it includes	

What we liked, and what worried us

5c. Tour: Memory Care

Name of the place	
Address and phone	
Date of the visit, and who came	
The person who showed us around	

Question	What we saw or heard
Did the residents look cared for, and did staff speak to them by name?	
Did we eat a meal here? How was it?	
How many staff are on duty during the day, and at night?	
How do residents get to the doctor, and who goes with them?	
What happens if a resident falls, or gets sick at night?	

5c. Tour: Memory Care

Question	What we saw or heard
How are complaints handled, and who do we talk to?	
What dementia training do staff have, and how often?	
How are the doors secured, and is there a safe place outside?	
What happens when a resident is upset, or wanders at night?	
What does a day look like for a resident here?	
The monthly price we were quoted, and what it includes	

What we liked, and what worried us

5d. Tour: Nursing Home

Name of the place	
Address and phone	
Date of the visit, and who came	
The person who showed us around	

Question	What we saw or heard
Did the residents look cared for, and did staff speak to them by name?	
Did we eat a meal here? How was it?	
How many staff are on duty during the day, and at night?	
How do residents get to the doctor, and who goes with them?	
What happens if a resident falls, or gets sick at night?	

5d. Tour: Nursing Home

Question	What we saw or heard
How are complaints handled, and who do we talk to?	
What are the star ratings on Care Compare, and what did the last inspection find?	
Does the home take Medicare and Medicaid? If money runs out, can a resident stay?	
How often does the care plan meeting happen, and can family attend?	
What are the visiting hours and rules?	
The monthly price we were quoted, and what it includes	

What we liked, and what worried us

Comparing the Cost

Write each place's figures in its own column. Ask each place for its prices in writing.

	Place 1	Place 2	Place 3
Name			
Base price a month			
Care level or care fees			
Medicine management			
Entrance fee or deposit			
Extras: meals, laundry, rides, cable, phone			
Price increases in the last three years			
Total a month			
What will pay, and how much			

Deciding Together

	Place 1	Place 2	Place 3
Fits the help I need			
Fits what matters to me			
The record we checked			
What we saw on the tours			
What it costs			
How I felt there			

My decision, and why
