

Choosing a Nursing Home

Nursing home facilities help people of any age with their medical needs and daily activities over a long period of time. When you look for a nursing home, it is important to remember that quality varies widely from one place to another. It is also important to think about the need for nursing home care before a crisis occurs. Choosing a nursing home can be hard even when planned well in advance.

Here is a checklist of things to consider as you are choosing the best nursing home for you and your family:

- Has this facility been found by state agencies, accreditors, or consumer groups to provide quality care?
- What kind of services are needed? Will this nursing home be able to provide all of those services? Examples of services include bathing, dressing, grooming, taking medications, physical therapy, speech therapy, pain management, and rehabilitation.
- Does this nursing home have the staff to meet your or your family member's needs (physical, medical, emotional, financial, etc.)? Are staff friendly, helpful, and respectful?
- Does this facility fit within the established budget?
- Is this nursing home close enough so that family and friends can visit? Close enough for the resident's personal doctor to visit?
- Do residents seem to enjoy meals? Is there help for those who cannot eat on their own? If possible, eat a meal at the facility.
- Is the home clean and free of odors? Is it pleasant?
- Who provides the medical care?
- Are residents clean, well groomed, and dressed appropriately for the season and time of day?

Other Resources:

- Compare inspection records of your top choices by visiting the "Nursing Home Compare" website at <http://www.medicare.gov/NHCompare/home.asp>.
- Ask to view the nursing home's Medicare or Medicaid annual survey report – you have a right to review this information.

Names and phone/e-mail information for individuals/groups you might want to contact for recommendations or with questions:

Name:	Phone/e-mail:
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

NOTES:

1-866-VISTACARE (847-8222)
www.VistaCare.com

