Alzheimer Society

Long-term care home checklist

Make a copy of this checklist to use as you research and visit each long-term care home.

Long-term care home name: _____

☐ Privately funded ☐ Publicly funded

Visit date: _____

Things to check before visiting the home	Yes	No	Notes
The person living with dementia has the choice between a private room or a shared room.			
The person living with dementia is able to live here as their dementia progresses.			
The home tells me the cost of care and whether there are additional costs for extra services as dementia progresses.			If there are additional costs, what are they for? How much will they cost?
The home offers tours and I know how to book one.			
There is a waiting list.			If so, how long is it?
There are rules about waiting lists (e.g. people in crisis situations are given priority).			
The home is accredited and inspected regularly.			Ask the LTC home for a copy of a recent inspection report. Or search for a provincial/territorial inspection-reporting website.
Physical setup			
The location is convenient and easy for me to visit.			How long is the commute? Is it accessible by public transit? Is there free parking?
The home is clean and tidy without seeming institutional and sterile.			Are there unpleasant odours?
Laundry is done on site.			Are there any fees associated with these services?

Things to check while visiting the home	Yes	No	Notes
Physical setup…*cont'd*			
There are quiet areas for visitors to spend time with residents.			
Residents can walk safely and easily indoors and outdoors.			
The bathrooms are clean with safety devices like grab bars.			Do they easily accommodate mobility aids like walkers?
There are clear signs throughout the home to help residents get around (e.g. a picture of a toilet on the bathroom door).			
Resident care and staff training			
There are consistent staff assigned to each resident so staff and residents can get to know each other.			Is there a rotation of many staff assigned to each resident?
All staff are trained to care for residents living with dementia.			How frequently do staff attend refresher courses?
I see staff talking to residents in a personable manner, clearly showing that they know each resident as a unique individual.			
I see staff trying to understand what residents are trying to communicate through their actions.			
Caregivers are invited to attend regular care planning meetings (a care plan is a standard document for each resident that includes everything about the resident's care).			How do caregivers request a care meeting?
With consent, the home shares information about the resident readily and routinely with caregivers.			How does the LTC home share the information? If I have concerns, who would be my main contact?
There is a doctor on call.			Can a resident keep their family doctor if they like? What are the pros and cons of this decision?
The home has access to other services (e.g. opticians, dentists, physiotherapists, chiropodists (foot care) and hairdressers).			Are there costs for these services? Who accompanies residents to their appointments? Are there fees associated with this service?

Things to check while visiting the home	Yes	No	Notes
Resident care and staff training*…cont'd*			
Staff try non-pharmacological approaches before prescribing medications. The LTC home has a clearly stated policy on the use of physical, chemical and environmental restraints.			Ask to see the home's policy on the use of physical, chemical and environmental restraints.
Medical emergencies are handled appropriately.			How are medical emergencies handled? Under what circumstances are residents transferred to hospital?
Staff is able to provide palliative care (to reduce distress and provide enhanced comfort, dignity and pain control at end of life).			
Daily life			
Each resident has a flexible daily routine (e.g. home can accommodate a resident who is used to having breakfast at 11 a.m.).			
The menu is good in all important ways (e.g. varied, appealing, nutritious and can accommodate special dietary needs).			
The LTC home considers different cultural, religious and spiritual needs.			Do I have specific cultural, religious or spiritual issues to ask about?
There are a variety of meaningful activities for groups and individuals.			What are they? Are they available during evenings and weekends? Ask for a program schedule. Is there a volunteer visiting program for additional one-on-one support?
Do I see signs of inactivity (e.g. residents falling asleep in front of the television)?			
The visitors policy suits the needs of the person living with dementia and my needs as a visitor.			What is the policy regarding visits? What are the visiting hours? Can a caregiver or friend sleep over to comfort and assist a sick resident?
The home allows visitors to join the resident for meals.			Is there a cost?

Your overall impression:

Rate the long-term care home on the following scale:

1	2	3	4	5	6	7	8	9	10

I would never consider moving the person living with dementia to this home.

I would consider this long-term care home as one of the best options.

Comments:

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Alzheimer Society of Canada
20 Eglinton Avenue West, 16th Floor, Toronto, Ontario M4R 1K8
National Office: 1-800-616-8816
alzheimer.ca
@AlzheimerCanada @AlzCanada @AlzheimerCanada

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