

## Questions To Ask When Picking A Senior Care Community

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The search for the right senior care community can be a challenge, so asking questions can help pair you or a loved one with the proper care. Many senior communities provide multiple levels of care that can allow for an independent lifestyle with the knowledge your needs will be met should they change. Learn more about the questions you should ask when picking a senior community:



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### **Assisted Living – What is assisted living?**

Assisted living is similar to independent living offering a maintenance free lifestyle and activities, but with the addition of dining services and personal care. You or a loved one will have access to assistance with daily activities that you may find difficult to perform on your own. Daily living assistance could include medication reminders, hygiene assistance, and more.

1. What is the cost of your assisted living?
2. What care services do you offer?
3. What types of transportation do you provide?
4. What happens when I need additional services?
5. What happens if there's a medical emergency?
6. What is the ratio of staff to residents during the day/night?
7. How does the facility communicate with families about a resident's well-being?
8. What apartment styles/options are available?
9. Amenities and activities?
10. What dining options are offered?

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### **Rehab (Short Term Rehabilitation) – What is short term rehab care?**

Rehabilitation helps an individual regain physical or mental abilities that have been impaired or lost due to illness or injury.

1. How does the facility communicate with families about a resident's well-being?
2. What is the ratio of staff to residents during the day/night?
3. What is the average length of stay?
4. How will progress be recorded and tracked?
5. Is there a continuum of care?
6. How many hours of therapy a day will there be?
7. Is the facility experienced in treating your loved one's condition?
8. What insurances are accepted?

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### Skilled Nursing – What is skilled nursing?

Skilled nursing is when an individual requires 24/7 assistance, including care each day that must be performed by a licensed nurse. A skilled nursing community can offer a range of medical care services.

1. What medical care options do you offer?
2. How much input does a loved one have on the care being received?
3. What is the cost of skilled nursing? What insurances are accepted? Are private rooms available?
4. What will a typical day of care entail?
5. What is the visitation policy?
6. What is the ratio of staff to residents during the day/night?
7. How does the facility communicate with families about a resident's well-being?
8. What activities and amenities are available?
9. What is the CMS 5-Star rating?

### Memory Care – What is memory care?

Memory care offers a specialized staff and environmental design for those diagnosed with Alzheimer's, dementia, or those experiencing other memory issues. Memory enhancing activities promote well-being and a sense of accomplishment.

1. How is memory care integrated with assisted/independent living and skilled nursing services?
2. What will a typical day of care entail?
3. What level of personal assistance can residents expect?
4. What is the ratio of staff to residents during the day/night?
5. How does the facility communicate with families about a resident's well-being?
6. What type of training does the staff have?
7. What types of rooms or apartments are available?
8. Activities and amenities?

### About Kahl Home

Kahl Home in Davenport, IA is committed to providing the highest quality of services and care for all residents who make our community their home. Our services include long-term/intermediate care, post-acute care/short-term rehab, memory/dementia care, and respite care. Our community also offers dietary consulting and both individual and group activities to keep you or your loved one engaged. Kahl Home's senior care experts are ready to answer your questions and connect you with the right services at the best time for you.



To learn more or schedule a tour, call 563.324.1621 or visit: [www.kahlhomedav.com](http://www.kahlhomedav.com)  
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