Choosing a Memory Care Facility: 10 Tips and an Essential Checklist of Questions

Author: Jill Cornell
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Reviewed by Jill Cornell, Senior Care Consultant
Jill Cornell is a Senior Care Consultant with over 10 years of experience helping families navigate the challenging decisions of aging and caregiving.

In memory care right for your loved one?
Let our free assessment guide you to the right care.
Take the Quiz

Finding the best memory care facility for your loved one with dementia can be a daunting task. Memory care is a specialty assisted living facility, sometimes, staffing, and activities, you may be unsure about how to find a memory care facility in your area. Memory care is a specialty assisted living facility that provides a safe environment for people with dementia and can be dementia-friendly. Dementia-friendly means that the facility has been trained to provide a safe environment for people with dementia and provide quality care and support. We offer a short three-question checklist and 10 tips to help you find the right memory care facility.

1. Determine your loved one's needs and priorities

Finding a memory care facility that meets with dementia and promoting independence and quality of life is important. Memory care facility should be able to provide a safe environment for people with dementia.

For example, there are some people who have with symptoms of their living, such as wandering, sundowning, and aggression. Memory care facility should be able to provide care for these symptoms. Memory care facility should be able to provide care for people who are at risk. We will cover these three questions in greater detail and. We will cover these three questions in greater detail.

Don't by asking yourself three questions:

- Does my family feel safe and supported in other different facilities, such as assisted living?
- Does my family member need to get a memory care facility?
- Is my loved ones's current care level and its with independently, or is their support a sign of dementia?
- Does my family need support of their caregiver?
- Does my parent need help using the bathroom?
- Does my family member need ongoing medical attention or community, such as diabetes, or heart disease, or high blood pressure, or other medical conditions?

If your loved one has memory loss beyond what regular seniors have, they may need a memory care facility. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk.

2. Factor in your loved one's lifestyle and preferences

Memory care communities offer similar lifestyle amenities, including specialized meals that cater to specific diets, care coordination, and activities designed to promote cognitive stimulation. Memory care facility can be which dementia care and independence is your loved one's top priority, memory care facility may be the right choice.

For example, if your loved one is a retired teacher, they may prefer a shared room with a roommate who shares their interests, they may want a more secluded, private room.

Ask yourself questions or two prefer the following questions:

- What types of living arrangements or accommodations are available?
- Do residents or family members have a way to help their loved ones?
- Does staff provide a variety of specialized meals?
- Does our parent need help using the toilet or dressing, or bathing, or other personal care?
- Does our family member need to be supervised or monitored, such as a memory care facility?
- Do Memory care facilities provide care for people who are at risk?

3. Learn how staff members are specially trained in dementia care

Dementia care can be complicated, so it's crucial to know how a memory care facility's staff is trained to care for residents with dementia. Memory care facility should be able to provide care for people who are at risk.

Staff at the heart of a well-working memory care facility are the caregivers. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk.

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Questions to ask memory care facilities to assess staff training levels:

- Are our staff is adequately trained differently than how is assisted living?
- What type of training is developed for staff care?
- Do staff members receive additional time to respond to emergencies?
- Is a certified caregiver on site, and staff members available?
- Does the community are members listens to enhance communication and care?
- How is staff members are be residents who are physically, or emotionally, or cognitively challenged?
- Are our facility staff is certified?
- Are our staff members certified dementia care managers?
- How is staff members are be residents who are physically, or emotionally, or cognitively challenged?

Staff training is a key factor in memory care communities. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk.

Lastly, you should learn about what kind of training is or will be offered to staff. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk.

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4. See how the memory care facility prioritizes safety

Safety is top concern for families seeking dementia care. With Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk. Memory care facility should be able to provide care for people who are at risk.

Questions to ask memory care facilities to ensure staff training levels:

- **Mobility assistance:** Is the walking equipment available in wheelchairs, walks, and comfortable footwear, transportation, and other mobility aids to ensure safe movement?
- **Fall prevention:** Falls are the leading cause of injury and must have a plan to prevent falls. Does the facility have a fall prevention specialist, and do residents receive regular assessments, balance exercises, and home safety tips and tools?
- **Memory care facility:** Does the facility ensure that each resident receives a personalized care plan that includes safety measures, medication management, and regular health assessments to provide stability, offer attention to the dementia care, and ensure safety and well-being?
- **Is it safe to let Alzheimer's or Parkinson's, what are the factors?** Does the facility have a plan for managing behavioral symptoms such as wandering, sundowning, and aggression? Does the facility provide training and support for caregivers and families, and provide wandering?

Furthermore, we have compiled a comprehensive list of your loved ones safety. In order to implement the safety of your loved ones and provide a secure environment, it is crucial to consider various factors that contribute to their well-being. Memory care facility's dementia care is a specialized approach that focuses on providing a safe and supportive environment for individuals with dementia, including Alzheimer's disease, vascular dementia, and other forms of dementia. It aims to enhance the quality of life for residents by addressing their cognitive, emotional, and physical needs. Memory care facilities employ trained staff members who are skilled in dementia care and have the expertise to manage challenging behaviors, provide meaningful activities, and create a familiar and comfortable environment. These facilities often have secure spaces, sensory stimulation rooms, and personalized care plans tailored to each resident's unique needs and preferences.

Other memory care communities **ask these questions about their safety protocols:**

- What measures does the community take to offer 24-hour supervision?
- Are the buildings and grounds secured with gates, keypad entrances, and alarms?
- Are staff members trained in CPR, AED, and emergency first aid?
- Are emergency drills conducted on a regular basis?
- Is it safe to let Alzheimer's or Parkinson's, what are the factors?
- What is the staff to resident ratio during the day? What about at night?
- What is the safety history or supplementary e.g. substance figure for the home and other different facilities?

5. Understand memory care assessments and care plans

Memory care facilities offer **personalized assessments** and care plans to address the unique needs of residents with dementia. These assessments and care plans are crucial for ensuring the well-being and quality of life for residents with dementia. Memory care facilities typically conduct comprehensive assessments to gather information about the resident's cognitive abilities, behavioral patterns, medical history, and personal preferences. This information is then used to create a tailored care plan that addresses the resident's specific needs and challenges.

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7. Ask what memory enhancing therapies are available

Individuals diagnosed with dementia may face significant challenges in their daily lives, impacting their cognitive abilities, memory, and overall quality of life. To address these challenges, various therapies and interventions have been developed to provide support and enhance the cognitive functioning and overall well-being of individuals with dementia. These therapies aim to stimulate cognitive abilities, improve memory, and promote independence and quality of life.

Ask about memory enhancing therapies are available in the community that are tailored to your loved one's needs.

Some memory care communities Memory Therapy Institute offers a variety of therapies and programs designed to enhance the cognitive abilities and quality of life for individuals with dementia. These programs include cognitive stimulation therapy, reminiscence therapy, sensory stimulation activities, and personalized care plans tailored to each resident's unique needs and preferences. The goal of these therapies is to promote cognitive engagement, improve memory, and foster a sense of independence and dignity for the residents.

Cognitive stimulation therapy: CST is a structured group activity that aims to improve cognitive abilities, such as memory, attention, and problem-solving. The therapy involves various exercises and games that stimulate different cognitive functions and promote overall cognitive health.

Reminiscence therapy: This therapy uses photos, music, and other sensory stimuli to trigger memories from the past. The goal of reminiscence therapy is to enhance memory recall, promote emotional well-being, and foster a sense of identity and continuity.

Sensory stimulation: Sensory stimulation activities aim to engage the senses through various activities, such as aromatherapy, tactile exercises, and music therapy. The goal of sensory stimulation is to improve sensory perception, reduce anxiety, and promote relaxation.

Occupational therapy: OT is a holistic approach that aims to maximize independence and quality of life for individuals with dementia by addressing their physical, cognitive, and emotional needs.

Therapy activities, which may include gardening, cooking, or other meaningful activities, can boost self-esteem, promote a sense of purpose, and enhance overall well-being.

7. Learn how memory care activities are tailored to residents' interests

Dementia-friendly memory care facilities offer a wide range of activities designed to cater to the diverse interests and preferences of their residents. These activities aim to stimulate cognitive abilities, promote social interaction, and enhance overall well-being. Some of the common activities offered in these facilities include:

Take a look at the community that the activities that your loved ones's specific interests and hobbies. For example, if your loved one is a retired teacher, they may enjoy reading, or other activities, reading and other activities.

Memory care communities paying attention to identify those activities that cater to their residents' unique interests and preferences. This can have a big effect and significantly for the residents's engagement.

For some memory care communities, such as the Sunrise, they offer a wide range of activities that cater to their residents' interests, including cooking classes, gardening, and pet therapy.

Memory care activities may include:

- Puzzles and board games
- Music programs and singalongs
- Sensory stimulation activities
- Arts and crafts
- Gardening
- Cooking
- Walking
- Going on outings to local or community events

Activities in dementia care facilities are crucial for maintaining cognitive abilities, promoting social interaction, and enhancing overall well-being. These activities are tailored to the individual needs and preferences of residents with dementia, aiming to provide a meaningful and engaging experience. Some of the common activities offered in these facilities include:

- Cognitive stimulation therapy: This involves a structured group activity that aims to improve cognitive abilities, such as memory, attention, and problem-solving. The therapy involves various exercises and games that stimulate different cognitive functions and promote overall cognitive health.
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8. Explore memory care facilities that fit your budget

Finding a memory care facility that fits your budget can be challenging. The national median monthly cost of memory care is $6,300, according to Genworth's 2021 Cost of Care Survey. Memory care facility costs vary depending on factors such as location, amenities, staffing levels, and the level of care provided. It's also important to learn about what is included in the monthly fee and what additional costs may be.

Finding the right memory care facility can be difficult for many families because it can vary widely. Memory care facilities offer a wide range of services and amenities, including specialized care for dementia, social activities, and meals. The cost of memory care can also vary depending on the level of care and the location of the facility.

Ask these questions when choosing a memory care facility:

- What are monthly fees determined? What's the cost increase? Is there a fee for a one-time entry fee or deposit?
- What's included in the monthly fee? What types of services are offered?
- Are there additional fees, such as meals or activities?
- Do prices increase annually? What's the maximum increase?
- Are there long-term discounts or payment plans?

9. Trust your instincts about what to look for in memory care

Trust your instincts and intuition when it comes to finding a memory care facility that is the right fit for your loved one. Memory care is a specialty assisted living facility that provides a safe environment for people with dementia and can be dementia-friendly.

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10. Take our memory care checklist with you

Finally, the decision to substitute for nursing a community or process of a family. Find an memory care facility or another care center and bring our memory care checklist with you.

Click here to download our memory care checklist

Families also ask

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Is it better to move my loved one to be cared for at home?

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Author:
Jill Cornell
Senior Care Consultant
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Reviewed by:
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