



# Memory Care Visit Checklist

*When visiting memory care communities on behalf of a loved one, this checklist can help you make the most of your tour.*

## Location:

- Location is convenient for visiting your loved one as frequently as you wish
- Surrounding neighborhood is safe and free of crime
- The community is located near medical facilities

## Physical Plant:

- Doors are locked and a system is in place to alert staff if a resident wanders out
- There is a secure outdoor area for residents
- The memory care program offers a peaceful, calm setting
- There is a dedicated memory care dining room with its own dedicated staff
- The community is clean, free from odors and well maintained
- Rooms or suites are private
- Bathrooms are visible and easily accessible for someone with memory loss
- Smoke detectors and a sprinkler system are in place

- Each resident room has a window
- There are handrails in all hallways and grab bars in the bathrooms
- A 24-hour emergency response system is in place

## Life Enrichment Programming:

- Staff is specially trained for working with older adults who have Alzheimer's disease or other form of age-related dementia
- The calendar of life enrichment activities shows a consistent daily schedule to support those who have memory loss
- Staff members assist with and participate in activities
- Memory care activities help residents feel productive
- Individualized plans for care are in place for each resident, 24/7





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## Dining Services Program:

- Residents are assessed and their meal services are adapted to their particular needs
- Finger foods are served for residents who have difficulty using utensils
- Resident nutrition is tracked and weight monitored
- Residents are assigned seating, so they eat every meal in the same spot
- The dining room is peaceful and free from loud music and excessive activity
- Dining room is smaller in size to help cut down on distractions during mealtimes
- Staff members assist at mealtimes

## Staff Practices, Training & Development:

- Background checks are completed prior to hire
- Staff is screened and evaluated for their ability to work with people who have Alzheimer's and other forms of dementia
- Caregivers interact with residents in positive, calm and respectful ways
- A nurse is on site or on call 24/7
- The community has its most recent survey results posted or displayed for families to review

Entrusting another with the care of your loved one is difficult. Consider bringing an observant family member or friend to complete this checklist when you visit the memory care community.

Explore more of our resources at:  
**WhereYouLiveMatters.org**