

Parent Care Workshop Assisted Living Tour Checklist:

Many families believe assisted living is something very different from what it actually is. Assisted living isn't the same as a nursing home, it's designed for individuals who need some support with daily activities, *but not around-the-clock medical care*.

Understanding this difference can help you make more informed, less overwhelming decisions. And most importantly, it allows you to choose a path that supports your parent's independence while still keeping them safe and cared for.

30 + Questions To Ask While On An Assisted Living Facility Tour (Updated 7/2026) *Plus Warning Signs To Look For*

- + • 1. What level of care is included in the base rate?
- + • 2. What care services cost extra?
- + • 3. How is care adjusted if my parent's needs change?
- + • 4. What happens if my parent needs more care than you provide?
- + • 5. What is the staff-to-resident ratio by shift?
- + • 6. Are caregivers trained in dementia and mobility support?
- + • 7. What is the average length of staff employment?
- + • 8. How are medical emergencies handled?
- + • 9. Is a nurse on-site 24/7? If so what are their hours.
- + • 10. How do you communicate with families?
- + • 11. How often are care plans reviewed?
- + • 12. What happens if my parent refuses care?
- + • 13. Can I see the activity calendar and participation levels?
- + • 14. How do you handle special diets and food preferences?
- + • 15. May I see the kitchen and dining areas?
- + • 16. How do you prevent and respond to falls?
- + • 17. What is your medication management process?
- + • 18. How do you protect residents' personal property?

- + • 19 May I speak with another family here?
- + • 20 Can my parent age in place here?
- + • 21 What care needs would require a move?
- + • 22 Do you have memory care or higher levels of care?
- + • 23 How often do residents transfer because their care needs change?
- + • 24 Does the community require bubble packaged medications or required to use a specific long-term care pharmacy?
- + • 25 If my parents insurance doesn't cover that pharmacy is there an exception process or another covered pharmacy?
- + • 26. What is your discharge and transition policy?
- + • 27 If there isn't an RN in the building and if they are on call how long does it take for my loved one to get the care they need and will I be contacted immediately?
- + • 28 How will I know if my loved one needs more care and do you provide that here?
- + • 29 If my loved one is introverted and doesn't participate in the social activities how do you help them avoid becoming isolated, do you have a procedure for that scenario?
- + • 30 Who is in the building overnight and what are they qualified to do?
- + • 31 Will my parent be checked on during the night?

+ **Warning Signs to Watch For** • Strong odors or poor cleanliness. • Residents appear disengaged or unattended. • Staff avoid eye contact or seem rushed. • Vague answers about care, costs, or staffing. • Pressure to sign immediately. • High staff turnover. • Locked doors without explanation.

If you're navigating this stage, take it one step at a time. Ask questions, trust your instincts, and give yourself grace as you learn along the way. The more you understand your options, the more confident and supported you'll feel in making the best decisions for your parent and your family.

Disclaimer

This information is provided for educational purposes only and is based on general research and personal experience. It is not intended to serve as medical, legal, or financial advice. Every situation is unique, and you are encouraged to consult with qualified professionals regarding your specific circumstances. Care options, costs, and program availability may vary by location and can change over time.