



# WHAT TO LOOK FOR WHEN CHOOSING A MEMORY CARE COMMUNITY

Choosing the right memory care facility can be overwhelming, let alone the fact that many life changes can be challenging by themselves. Many fear starting this process and may procrastinate looking for a memory care residence, sometimes due to denial about the disease, at other times due to a lack of understanding about this level of care. This is not something you can afford to wait on – it may be vital to the future care and safety of your loved one. Below are a few common questions to help start you on your new journey.

## **WHO CAN HELP?**

You may ask your doctor for referrals, as well as family and friends, but above all do your own research. Prepare questions and concerns to take on your tours of different residences. If you participate in a local support group for dementia (can be found on [www.alz.org](http://www.alz.org)), the members may have some additional support and knowledge of what to expect and look for in a community. Consider engaging the services of a geriatric care manager, who can guide and educate you on this journey, as they are not reimbursed for placing a resident in a community.

## **WHAT LICENSING AND CERTIFICATION DOES THE FACILITY HAVE?**

Is the facility licensed by the state? Are there any survey results from the state that can be reviewed?

Become familiar with the levels of care and services that are provided with different types of licenses. Does that meet the needs of your loved one, not only today but in the future? Consider the location, will it be easy and convenient for you and your family members, so that you can visit as often as need be.

## **DO THEY INVEST IN THEIR STAFF?**

If a residence invests in their staff, they are investing in your loved one's care needs. Frankly, the best care starts with a well trained and caring staff as well as leadership. The staff is a telling reflection on the care that is being provided. Ask questions regarding training, certifications and ongoing education, as well as staff turnover rate, as it could be an indicator of health of the internal business.

## **IS PRICING STRAIGHTFORWARD OR CONFUSING?**

Pricing can be complicated, and not necessarily an indicator of the quality of care that is being provided to your loved one. Packages, add-ons and fancy features are often fees that cause confusion and suggest that higher cost equates to higher care being provided to the residents. Quality care should not have to be sacrificed in order to obtain an affordable cost for the families. At Sundara, keeping pricing simple, straightforward and all-inclusive is the goal, so that pricing surprises are mitigated, and there is peace of mind for the families.

**GIVE US A CALL TODAY TO FIND OUT IF SUNDARA MEMORY CARE IS RIGHT FOR YOUR FAMILY.**

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