

Staff & Medical	Option 1	Option 2	Option 3	Option 4
The individual coordinating the assessment and care planning process has special knowledge and training about dementia				
There is a role for the family and/or legal representative in the care planning process				
The individual coordinating the activity program has special knowledge and training about dementia				
The activity coordinator designs customized activities for each resident				
The same staff are assigned to work with the same residents				
Medical care is provided				
Staff is trained in dementia care (ask about number of hours of training)				
Staff recognize people with dementia as unique individuals and care is kind, respectful, and personalized to meet specific needs, abilities, and interests				
Staff monitor for adequate nutrition, provide for special dietary needs, and are available for assistance or encouragement with eating as needed				
There is a nurse on duty at all times				
There is a medical director				
Medication Management is provided				

Inside the Community

Option 1

Option 2

Option 3

Option 4

The community meets all of the licensing standards to provide dementia care

The memory care unit is secured with a keypad entry

The community offers emergency alert systems and 24-hour supervised care

The buildings and grounds are secure

The community is easy to navigate

The community has a wander alert system

The doors are equipped with a system to delay exit

There are handrails in the hallways, elevators, bathrooms, and showers

Indoor and outdoor spaces are secure and allow for freedom of movement to promote independence

Private rooms are available

Pets are allowed to live in the community

My loved one can bring their own furniture

The community is calm and quiet

The community is well lighted with adequate natural light

There are no complex patterns on carpets or walls



Activities & Meals	Option 1	Option 2	Option 3	Option 4
There are planned activities and programs for all levels of health and behavioral care needs				
There is a variety of activities to meet specific abilities and interests (7 days per week)				
Transportation is available for medical appointments and shopping				
There are activities specially designed for persons with dementia				
Activity programs operate throughout the day, in the evening and on weekends				
Activities are individualized for each resident				
The community provides nutritious finger foods				
Water and decaffeinated beverages are available throughout the day				
There are regular meal and snack times and appealing dining environments				
Food is appetizing and well prepared				
Family and friends may visit for a meal				

Family Involvement & Resident Care

Option 1

Option 2

Option 3

Option 4

The residents are well-groomed, clean, and dressed appropriately

There is a plan if my loved one is no longer ambulatory

Resident suites are clean and spacious with personal items encouraged

Personal care is done with respect and dignity

Residents are comfortable, relaxed, and involved in activities

The community has a family support group or refer to community-based groups?

There are not visiting hours and family is free to come and go as desired

Families are encouraged to communicate with staff

Families are encouraged to participate in care planning

Care planning sessions are held regularly

Families are informed of changes in resident's condition and care needs

Families are encouraged to visit often, participate in community events, drop by unannounced



Pricing	Option 1	Option 2	Option 3	Option 4
The community uses an all-inclusive pricing model (or are there additional costs)				
There are no upcharges for housekeeping and laundry services				
The same price is applicable for all levels of care				
My loved ones stay here through the end of life even if they exhaust their financial resources				
The community does NOT raise their rates on a yearly or bi-yearly basis				

NOTES :

We know that considering long-term care for your loved one is an emotionally charged time for you, them and the whole family. We would like the opportunity to help make this transition as easy as possible. Sundara can help assist you with the financial, legal and practical realities of moving into a memory care community, and we would love to sit down and have a chat.

Send me an email if when you are ready to take a tour. K.Hudson@sundaraliving.com

Kelli Hudson, Owner of Sundara Senior Living

