



Our mission is to remind seniors and caregivers they are seen, beautiful and loved.

Navigating Aging Parents

Senior Community Site Visit Checklist

When visiting a senior community, **observe** your surroundings and **connect** with your loved one's care team.

Observe Your Surroundings

- Does the exterior of the building look well-maintained?
- Are common areas neat and tidy?
- How many staff members do you see on the floor / interacting with residents?
- Do you detect a urine smell?

Nurse Administrator:

- Share a bit about you and your loved one. (Preferences, special needs, dealbreakers)
- What is the resident to staff ratio? (Guidelines vary by state.)
- How is staffing scheduled for the weekdays and the weekends?
- What types of events trigger a phone call update? (ex: a fall, noticeable behavior changes)

- ___ What services are offered in-house? (ex: General doctor visits, Podiatrist, Hair stylist)
- ___ What services do I need to schedule outside of the facility? (ex: Specialist doctor visits)
- ___ What is included in routine resident room cleaning?
- ___ If your loved one needs a special care plan, work with the Administrator to create a plan that is in the best interest of your loved one and gives you peace of mind.

Chef:

- ___ Share a bit about you and your loved one. (Dietary restrictions, food likes/dislikes)
- ___ Understand how your loved one will be assisted with meals (walking to dining room, bibs, assistance feeding)
- ___ Understand when/how a staff member will communicate any noticeable changes in dietary habits.

Dining Room:

- ___ Is the room well lit and clean?
- ___ Is a menu posted near the dining room?
- ___ Are the chairs sturdy?

Activity / Wellness Director:

- ___ Share a bit about you and your loved one and the activities they enjoy (ex: crossword puzzles, gardening, reading)
- ___ Ask how you can stay abreast of monthly activities (ex: email, Facebook, printed calendar)

___ Ask how to join activities and family meals (ex: email, in-person sign-up sheet)

___ Ask if there are any offsite activities and how you can prepare your loved one. (Does s/he need money, special outerwear?)

Remember:

♥ **It's ok to ask questions!** When in doubt, ask!

♥ **Show appreciation for the staff!** A verbal thank you, card, flowers/candy for the nurse's station will speak volumes.

♥ **It's ok to have tough conversations when things go wrong.** Keep your intended outcome in mind and come from a place of love and concern for your loved one. Document the conversations and follow up with the administration.

♥ **It's ok to not be perfect.** Make the best decisions you can with the support of your care team and friend/family network.

About Gladys Love Project

Gladys Love Project is a registered 501(c)(3) nonprofit organization whose mission is to remind seniors and caregivers they are seen, beautiful and loved. We fulfill this mission by sending Love Kits (think “party in a box”) to senior communities that include Love Notes (positive notes for seniors), a group activity, a Spotify playlist and positive messages and thank you pins for the staff. We also host *Capture the Love*, a portrait day for seniors. Each senior receives a framed print, along with a print for their loved one(s).

Join our Mission

Visit <https://www.gladysloveproject.org> to learn how you can join our mission to spread love to seniors and caregivers. You can get involved by writing love notes or by making an in-kind or monetary donation to help fund our programming. We also offer a monthly newsletter to keep you abreast of our events.

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