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Making the grade worksheet

# CONTINUING CARE RETIREMENT COMMUNITIES (CCRCs)

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# Making the grade: Continuing Care Retirement Communities (CCRCs)

## Worksheet

**Continuing Care Retirement Communities (CCRCs) offer a continuum of care from independent living to assisted living and skilled nursing on one campus.**

Before choosing a CCRC, you should look for everything in an independent living community and then also consider the following.

Location	
	Yes No
Is the community convenient to family?	
Is the community convenient to friends?	
Is the community convenient to shopping?	
Is the community convenient to medical care (doctors, specialists, hospitals, specialized rehabilitation facility(ies))?	
Community services	
What types of services are available?	
_____	
_____	
_____	
Are meals offered, if so how many per day, and can they meet any special dietary needs?	
_____	
_____	
_____	
Is there a security system?	
Is there an emergency response system?	
Is there scheduled transportation or public transportation nearby?	
What security measures are in place to keep residents with Alzheimer's disease from wandering out of the building (the assisted living facility or the skilled nursing facility)?	
_____	
_____	
_____	
Is there a secured outside area for the residents to walk in?	

**Health and medical care**

What type of health care and personal care services are available?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Yes No

Is there a written plan for the care of each resident and is there an ongoing process for assessing changing needs?

\_\_\_\_\_  
\_\_\_\_\_

How are health problems handled?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is there a program of care for persons with dementia?

\_\_\_\_\_  
\_\_\_\_\_

Does the facility have a special wing or floor for residents with cognitive impairment such as Alzheimer’s disease?

\_\_\_\_\_  
\_\_\_\_\_

What options are available if you need more care? (For example, home health aide or skilled nursing care?)

\_\_\_\_\_  
\_\_\_\_\_

Who decides when a transition in care level is needed? How much notice is given?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is the nursing center Medicare/Medicaid certified?

\_\_\_\_\_  
\_\_\_\_\_

Is there short-term skilled nursing and rehab available if someone requires them after an illness or surgery?

\_\_\_\_\_  
\_\_\_\_\_

**Activities and amenities**

What types of activities and events are offered?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who schedules the activities?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are they resident or staff led?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What type of amenities are offered (e.g., dining room, fitness facility and lounge)?

\_\_\_\_\_  
\_\_\_\_\_

**Staff**

Yes No

Is staff available 24 hours a day?

Is staff friendly, respectful and personable?

How does staff handle behaviors such as wandering and agitation?

What type of training has the staff received about Alzheimer’s disease and dementia?

Who has trained the staff?

**Contract and fees**

What kinds of contracts are available to you?  
(Entrance fees and monthly fees vary depending upon what type of contract is offered.)

**Contract type #1**  
Cost and services offered

**Contract type #2**  
Cost and services offered

**Contract type #3**  
Cost and services offered

**Contract type #4**  
Cost and services offered

**Contract type #5**  
Cost and services offered

**Contract and fees** (Continued)

What services are covered under each plan? If a service is not covered, what is the fee for that service?

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How often are monthly fees increased, for what reasons, and how much notification is given?

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What is the change in monthly fee when level of care changes?

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What happens if someone can no longer cover their monthly fees?

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What happens if someone wants to leave after a month, year or several years?

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What happens if someone dies?

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	Yes	No
Is any portion of the entrance fee refunded to the person or to the estate?		

What would make the facility discharge a resident?

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Is there a waiting list?	
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If there is a charge to get on the waiting list, what is it?

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