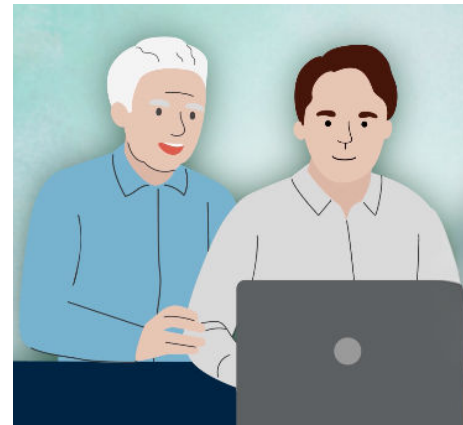


# Nursing Homes

*Nursing homes are facilities for people who need short or long-term care that cannot be provided at home or in assisted living. When choosing a nursing home, consider the following:*



## Quality of Care

Research the **quality of care** provided by potential nursing homes. Look for **state inspection reports**, **ratings**, and **reviews** from other families. Include your loved one if possible.

## Visit the Facilities

Visit **several** nursing homes to get a look at the environment and services. Pay attention to **cleanliness**, **staff interactions**, and the overall **atmosphere**. Make a **checklist** of features and priorities to help guide your decision.

## Consider the Location

Choose a facility that is **close enough** for you and other family members to visit often. This will provide you and your loved one with more comfort. Also consider the facility's proximity to medical centers, social and recreation spots, and its overall reputation.

## Consider the Services

Staying **socially engaged** is important for older adults. Check out what services and amenities, like social activities, community events, and recreational options are available. Make sure the **social atmosphere** matches your loved one's needs and preferences.

## Making the Decision

When **starting the conversation** about moving into a nursing home, follow these steps:

- **Choose the Right Time:** Find a calm, private moment to have the conversation.
- **Acknowledge Their Feelings:** Validate any emotions they may feel, like fear, loss, or sadness.
- **Focus on Safety and Quality of Life:** Discuss the benefits of having regular care in a safe environment.
- **Involve Them in Decisions:** Include them in choosing the facility to maintain their sense of control.
- **Be Patient:** Allow time for them to process and revisit the discussion as needed.