

How to Select the Right Housing

Definitions of Housing

Independent Living

- Housing/ apartments for retirees/senior adults
- May offer meals and other support services
- Must meet local health, safety, and zoning codes
- No licensing oversight
- Payment is private, some may offer options for those with a limited income

Home for the Aged

- Provide room and board, recreation, supervision, personal care
- Payment is private
- Licensed by the Michigan Department of Human Services

Adult Foster Care

- Homes that provide room and board, supervision, personal care
- May specialize in the care of certain populations i.e. elderly, developmentally disabled, chronic mental illness, etc.
- Licensed by the Michigan Department of Human Services
- Payment is private although some may accept SSI
- To locate a home, go to www.michigan.gov/lara , click on *Community & Health Systems* in the left column, then *Adult Foster Homes*. Under *General Public*, click on *Search for Adult Foster Care and Homes for the Aged* to search for a location.

Assisted Living Facilities

- Larger facilities that provide 24-hour protective oversight and supportive services (services offered can vary from facility to facility)
- Not licensed except must meet local health, safety, and zoning codes
- Payment is private, some funds may be available for support services

Nursing Home

- Facilities that provide 24-hour nursing care and medical supervision
- Services also include short term admission for someone who is recovering from an acute illness or injury
- Levels of care include skilled (requires the skill and judgment of a licensed professional) and basic (provides necessities of daily living)
- Licensed by the Michigan Department of Licensing & Regulatory Affairs
- Payment is private, Medicare (Skilled care), Medicaid (basic care)

Continuum of Care Facilities

- Facilities offering two or more levels of care at the same location
- May require a long-term contract be signed prior to admission guaranteeing housing and services as long as resident lives
- May involve an entrance fee in addition to monthly fees

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Resident Assessment Criteria			
Description	Independent	Assisted	Nursing Home
Mobility	Capable of moving about independently. Able to seek and follow directions. Able to evacuate independently in an emergency. Ambulatory with cane/walker. Independent with a wheelchair but needs help in an emergency.	Ambulatory with minimal or no assistance. Requires occasional assistance to move about, but usually independent.	May require assistance with transfers from bed, chair, toilet. Requires transfer and transport assistance. May require positioning and turning in bed and wheelchair.
Nutrition	Able to prepare own meals. Eats meals without assistance. Minimum of at least one meal a day available. Able to plan, purchase, and prepare own meals.	May require assistance getting to dining room and/or requires minimal assistance such as opening cartons or other packages, cutting food or preparing trays.	May be unable or unwilling to go to dining room. May be dependent on staff for eating/feeding needs. May be totally dependent on staff for nourishment, including reminders to eat and/or requires feeding.
Personal Care	Independent in all care including bathing and personal laundry.	May require assistance with bathing or hygiene. May require assistance, initiation, structure or reminders. Resident may complete the task.	May be dependent on staff for all personal hygiene.
Housekeeping	Independent in performing housekeeping functions (includes making bed, vacuuming, cleaning and laundry), or, may need assistance with heavy housekeeping, vacuuming, laundry and changing linens.	Housekeeping and laundry services provided.	Housekeeping and laundry services provided.
Toileting	Independent and completely continent, or, may have incontinence, colostomy or catheter, but independent in caring for self through proper use of materials/supplies.	Same as independent living. May have occasional problems with incontinence, colostomy or catheter. May require assistance in caring for self through proper use of materials/supplies.	May have problems with incontinence, colostomy, catheter, and require assistance. May be dependent and unable to communicate needs.

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Description	Independent	Assisted	Nursing Home
Medications	Responsible for self-administration of all medications.	Able to self-administer medications. Facility staff may remind and monitor actual process. May arrange for family or home health agency to establish a medication administration system. Facilities, staffed by RNs and LPNs, can administer medications to residents.	Medications administered by licensed personnel.
Mental Status	Oriented to person, place, time. Memory is intact, but may have occasional forgetfulness without a consistent pattern of memory loss. Able to reason, plan and organize daily events. Mental capability to identify environmental needs and meet them. Able to manage finances.	May require occasional direction or guidance in getting from place to place. Orientation to time, place or person may be minimally impaired. May need assistance to manage finances and planning/organizing daily events.	Judgment is likely to be poor. Resident may not attempt tasks that are not within capabilities. May require strong orientation and reminder program. May need guidance in getting from place to place. Disorientation to time, place and person, or memory, is severely impaired. Usually unable to follow directions.
Behavior Status	Deals appropriately with emotions and uses available resources to cope with inner stress. Deals appropriately with other residents and staff.	May require periodic intervention from staff to facilitate expression of feelings in order to cope with inner stress. May require periodic intervention from staff to resolve conflicts with others in order to cope with situational stress.	May require regular intervention from staff to facilitate expression of feelings and deal with periodic outbursts of anxiety or agitation. Maximum staff intervention is required to manage behavior. Resident may be a physical danger to self or others. Expectations are unrealistic and approach to staff may be uncooperative.

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Assisted Living Facility Checklist

QUESTIONS	Y	N	COMMENTS
ASSISTED LIVING LICENSING AND FINANCIAL INFORMATION			
Is the facility licensed?			
Is there an application fee or security deposit? Are they refundable?			
Is a signed contract for care/cost required?			
Can a contract be terminated by the resident/family?			
For what reasons will a contract be terminated by the facility? How much notice is given?			
Is there a refund policy?			
What services are included in the monthly rate?			
Are additional services available? What are the costs?			
What utilities are included in the monthly rate?			
What will happen when the resident's funds run out?			
Is the resident's personal property insured by the facility?			
May residents manage their own finances?			
FACILITY CHECKLIST			
Is the environment clean and well maintained?			
Is the atmosphere warm, friendly, homelike?			
Is there more than one type/style of housing unit?			
Are units furnished or unfurnished?			
Is there a 24 hour emergency response system/staffing?			
May residents smoke in their room or in public areas?			
Is a kitchen area/unit provided?			
If there is no kitchen, may residents keep food in their unit?			
Is there a policy regarding pets?			
Is phone/cable TV available? How is it billed?			
Is the facility well designed for residents' mobility? (wide hallways with hand rails)			
Is there safety equipment including bathroom grab bars and emergency pull cords?			
Is there a safety program that allows residents to indicate that they are in at night/up in the morning?			
Is there a generator in case of power outages?			

QUESTIONS	Y	N	COMMENTS
ASSISTED LIVING FACILITY CHECKLIST (continued)			
Is there a visitation policy?			
How many meals are provided in the monthly rate?			
Are the meals provided both balanced and appealing? Are beverages and/or snacks available between meals?			
Are special requests for food honored?			
May residents have their meal brought to their room?			
Are guest meals available? How much notice required?			
Is there a private room for entertaining guests?			
Are there overnight facilities for families?			
STAFFING/SERVICES			
Is the staff friendly, caring, and attentive?			
Is the direct care staff employed by the facility or another agency? Who supervises them?			
Is staff trained in assisting/caring for seniors?			
Are criminal background checks completed on all staff?			
Are resident's needs reassessed periodically?			
When care needs change, are alternatives discussed with the resident and/or family?			
Is there a policy on response to medical emergencies?			
Is staff available to give twenty-four hour assistance activities of daily living?			
Is there onsite medical care available?			
Are there medication policies? (administration, storage, reminders)			
Is transportation service available? Do they provide group trips for errands and/or individual appointments?			
Is there an organized activity program? Are there planned activities outside the facility?			
What housekeeping and laundry services are provided in the monthly rate?			

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Nursing Home Checklist

QUESTIONS	Y	N	COMMENTS
NURSING HOME LICENSING AND FINANCIAL INFORMATION			
Is the facility certified for Medicaid and/or Medicare?			
Is it private pay only? What is the daily rate?			
What services are covered in the daily rate?			
Will the facility provide assistance with Medicaid application when/if needed? Note: Under federal law, Medicare and Medicaid approved nursing homes cannot require anyone other than the resident to guarantee payment.			
Is there a waiting list for a Medicaid bed?			
Is a current licensing review, dated within past fifteen (15) months, posted in a prominent location?			
FACILITY CHECKLIST			
Does the facility have the level of care that is needed (i.e. skilled nursing, custodial care, therapies)?			
Are there security measures in place to prevent residents from wandering from the facility?			
Does the nursing home appear clean and well kept?			
Are the residents clean, well groomed and appropriately dressed?			
Are the rooms clean, tidy and odor free?			
Is there storage for personal belongings?			
Is personal furniture, etc., allowed in resident rooms?			
Is a nurse call system by each bed that the resident can reach?			
Are there handrails in the hallways and grab bars in the bathrooms and shower areas?			
Did you observe the facility during a mealtime?			
Are residents given assistance with meals, if needed?			
Are snacks/beverages available between meals?			
Are there quiet areas where residents can visit with family and friends?			
Are there any visiting restrictions?			
Is the facility near the residents' family/friends?			
Is personal laundry done by the facility or by family?			

QUESTIONS	Y	N	COMMENTS
NURSING HOME STAFF			
Do staff seem attentive to residents' needs?			
Do residents seem to be treated with respect and kindness?			
Does the ratio of staff to residents comply with licensing requirements?			
Are criminal background checks completed on all staff?			
SERVICES			
Is there a physician on staff? May the resident be seen by their own physician in the facility?			
Is there a psychiatrist available for consultation?			
Are foot care services available in the facility?			
Are physical, occupational and speech therapies available?			
Is there a social worker on staff to assist with Medicaid applications, family conferences and discharge planning?			
Is there a recreation activity director?			
What recreational activities are available in the facility?			
Are any activities held outside the facility?			
Are <u>all</u> residents encouraged to attend or included in events?			
TRANSFER AND DISCHARGE			
Are residents transferred or discharged from the facility when their care needs change?			
Are residents transferred or discharged from the facility when their money runs out?			
What is the policy for holding a resident's bed when they are hospitalized?			