



## Transitioning to Adulthood Checklist

This simple checklist can serve as a starting point for parents with older children beginning to look for adult care:

### Health Needs

- Is the individual's personal physician readily available to this home?
- Does this home specialize in and meet individual nursing needs/Are specialized services available, if needed?

### Costs and Payment Sources

- Is the bed/capacity funded by the Department of Human Services?
- Is the bed funded by Medicaid?
- Does the home accept private payment?
- Are you aware of what is included in cost of care, room and board?
- Are you aware of personal items which are the responsibility of the individual?

### Building and Grounds

- Is the home wheelchair accessible?
- Are there grab bars in toilet and bathing facilities?
- Are all parts of the home easily accessible by your individual?
- If applicable, is there a fire safety system and automatic emergency lighting?
- Are there portable fire extinguishers?
- Are exit doors unobstructed and unlocked from inside and easily accessible?
- Is there a fire station available to service the home?
- Is the home as clean as you set your personal standards?
- Is the home reasonably free of unpleasant odors?
- Is the home well lighted?
- Is the home convenient for frequent visits from family and friends?
- Is the building licensed for the level of care being given?
- If needed, is there a wanderer monitoring system?

### Staff Attitude and Staff Size

- Is there quality individual and staff activity in the home?
- Is staff courteous to the individuals and visitors?

- Does the staff respond quickly to calls for assistance from individual's?
- Do they appear happy?
- Does the staff knock before they enter a room?
- Is there a Registered Nurse or Licensed Practical Nurse available for consultation, or as your individual demands?
- Does the staff know the individuals by name?
- Does the Administrator have a current license, if appropriate?
- Does it seem that staff are familiar with the needs of the individuals they care for?

#### Quality Indicators

- Do individuals look to be functioning independently(or with some staff assistance as needed)?
- Does the home offer a written description of individual rights and responsibilities?
- Does the home have a resident council?
- Are Hotline and area nursing home ombudsman telephone numbers offered, as appropriate to setting?

#### Activities and Events

- Are individuals involved in activities sponsored by the home?
- Are volunteers involved in home activities?
- Is there a private place for individuals to meet with family and friends?
- Are there a wide range of activities the interest individuals?

#### Resident Rooms

- Are individual bedrooms clean and pleasant?
- Can individuals bring personal items from home?
- Is there a policy for changing rooms?
- Will the bed be held if a short hospital stay is needed?
- Does the home provide adequate laundry services/facilities?
- Is clothing marked inconspicuously?
- Are rooms well ventilated and kept at a comfortable temperature?
- Are toilet and bathing facilities accessible?

#### Meals and Nutrition

- Does the food look and smell appetizing?
- Does it taste good?
- Is assistance provided in eating, if needed?
- Do the meals match the menu planned for the day?
- Are the meal substitutes offered to meet the individual preferences?
- Are individuals interacting with one another at the dinner table?

- Are staff interacting with the individuals during meal times?
- Is a choice of snacks available?

### Inspection Reports

- Is the home licensed by the Department of Public Health?
- Did you know that you may access the State reports through the Freedom of Information Act?
- Did you notice any pattern in the Department of Public Health Inspection report to suggest concern in care giving?
- Does the State report show any patterns regarding concerns in staffing?
- Does the State report show any patterns regarding concerns in ground maintenance?

### Health and Happiness Check

- Are individuals and families involved in developing their own care plans?
- What is the policy of the home if a person becomes terminally ill?
- Is there an individual program plan designed to meet your individual's needs?
- Are regularly scheduled program plan meetings being held that actively involve the individual (if able) and family members or guardian?