

# Where Do You Start?

## A Simple Guide to Choosing the Right Type of Care

Use this guide to identify your loved one's care needs and narrow down your options before scheduling visits or calls.

### **Step 1: What is the goal right now?**

- Short-term rehab (goal: return home)
  
- Long-term care (will likely stay)
  
- Not sure yet (depends on how rehab goes)

### **Step 2A: If Rehab**

What kind of care is needed?

- Physical therapy (walking, strength)
- Occupational therapy (daily tasks like dressing, eating)
- Speech therapy (swallowing, communication)
- Wound care
- Dialysis
- Tube feeding
- Multiple needs

Facilities vary significantly in how they handle higher medical needs.

### **Step 2B: If Long-Term Care**

- Needs memory care / dementia support
- Physically dependent but cognitively stable
- Behavioral or complex care needs

### **Step 3: What matters most to you?**

(choose 2–3)

- Close to home
- Staff responsiveness
- Facility Cleanliness
- Activities / engagement
- Food quality
- Private room availability
- Overall “feel” during visit
- State/Federal Survey scores/ratings

### **Step 4: Narrow your list**

Based on your answers, focus on 2–4 facilities that best match your needs before scheduling tours.

#### **My Facility Short List:**

Write down the facilities you plan to call or visit

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#### **Then use:**

- Questions to Ask
- Comparison Worksheet

when speaking with or visiting facilities.