

QUESTIONNAIRES

Does Your Residence Meet Your Needs?

In dressing, bathing, walking, cooking, and cleaning, the staff should encourage you to do as much for yourself as you can. Use this questionnaire to evaluate how they're serving you. The more "Yes" replies and less "No" replies, the better.

	Yes	No	N/A
If you need it, does the staff set out the clothes you want to wear so you can dress yourself?			
If you need a health or wellness program, or assisted devices like special forks or spoons to eat, are they supplied?			
If you have problems walking, does the staff give you enough time to get to the dining room and activities? If they walk with you, do they follow your pace?			
If you need help moving around, has the management added bathtub grab bars or kitchen cabinets that you can reach?			
If you want to take walks outside, are the sidewalks flat and even, and are your favorite places nearby?			
Has the management found an option for you to come and go safely?			
Is a van available, or a staff member assigned (with your permission) to go with you?			
Does the building have handrails in the hallways and resting areas every few feet if you need to stop?			
Is the dining room close enough to your room or apartment for you to walk there?			
When you'd rather be alone, can you avoid group activities?			
Does the staff always knock before coming into your room or apartment?			
Can your family visit whenever you want them to? May you give them a copy of your key?			
Can you come and go as you please?			
Notes:			

Can You Choose What You Want at Your Residence?

The management and staff should grant your choices as much as possible. For each question that applies, check “Yes” or “No.”

	Yes	No	N/A
Is it important for you to set your routines, such as deciding when to get up, go to sleep, eat meals, or bathe/shower? Check “Yes” if any apply.			
Can you decide when to get up, go to sleep, eat meals, or shower/bathe? If not, note specific concerns here:			
If you need help bathing, dressing, getting up, or going to sleep, is staff available to help you? If not, note specific concerns here:			
Is it important for you to cook?			
<ul style="list-style-type: none"> • If you have a kitchenette, are appliances accessible? 			
<ul style="list-style-type: none"> • Can you reach the cupboards and use the faucets? 			
<ul style="list-style-type: none"> • If you don’t have your own kitchenette, can you ever prepare your own meals? 			
Is it important for you to do your own laundry?			
<ul style="list-style-type: none"> • Is there a laundry for resident use? 			
Is it important for you to keep house?			
<ul style="list-style-type: none"> • Can you get help doing your own laundry or housekeeping if you need it? 			

Questionnaire: Can You Choose What You Want at Your Residence?

Is it important for you to invite over friends and relatives?			
<ul style="list-style-type: none"> • Can you invite over friends and relative? 			
Is it important for you to manage your money?			
<ul style="list-style-type: none"> • If you need help paying bills, does the residence provide it? 			
Is it important for you to read?			
<ul style="list-style-type: none"> • Are large-print books available? 			
<ul style="list-style-type: none"> • Is there internet in the building? 			
<ul style="list-style-type: none"> • Are computers or iPads (or tablets) available? 			
<ul style="list-style-type: none"> • Are residence newsletters and house rules in large print? 			
<ul style="list-style-type: none"> • If you need help reading, can someone from the residence read to you? 			
<ul style="list-style-type: none"> • Can someone read to you in your language if it isn't English? 			
Is it important for you to take part in activities you've always enjoyed?			
<ul style="list-style-type: none"> • Does the residence have these activities available? 			
<ul style="list-style-type: none"> • Does the residence have activities that you like? 			
Is it important for you to go to certain places such as a supermarket, department store, a friend or family's place, park, library, museum, bank, etc.?			
<ul style="list-style-type: none"> • If these places aren't close, has staff helped you get there? 			
<ul style="list-style-type: none"> • Is transportation (public or private) available and accessible? 			
<ul style="list-style-type: none"> • Are there options for you to schedule outings other than to medical appointments, residence-scheduled trips, or other group trips? 			
<ul style="list-style-type: none"> • Can you decide to stay overnight with a friend or go on trips overnight? 			

Questionnaire: Can You Choose What You Want at Your Residence?

Is it important for you to maintain involvement in your neighborhood and larger community (e.g. religious groups, clubs)?			
<ul style="list-style-type: none">• Do community groups meet in your residence?			
<ul style="list-style-type: none">• Can you keep up your community activities?			
<ul style="list-style-type: none">• Do community groups meet in your residence?			
<ul style="list-style-type: none">• Can you go to your place of worship, club, or organization you belong to?			
<ul style="list-style-type: none">• Are there other opportunities to take part in community activities?			
Notes:			

Can You Decide for Yourself at Your Residence?

These questions will help you check how much the management and staff let you make your own decisions. Some questions have space for you to write responses.

	Yes	No	N/A
Is it important for you to make decisions about your medical care?			
<ul style="list-style-type: none"> If you've ever refused a medication or treatment, what happened? 			
<ul style="list-style-type: none"> Have the management and staff, after discussing it with you, your family, and your doctor, explained the likely outcome of your refusal? 			
<ul style="list-style-type: none"> Have they respected your wishes? 			
<ul style="list-style-type: none"> If you want, can you seek out and use alternative forms of medical care or treatment? 			
Is it important for you to do things others say are unsafe but you either consider safe or want to do anyway?			
<ul style="list-style-type: none"> How does the staff react if you want to do something your family feels is unsafe? 			
<ul style="list-style-type: none"> How does the staff deal with you if you like to go for walks alone outside but have trouble walking? 			
<ul style="list-style-type: none"> How does the staff react if you eat foods not on your diet from time to time? 			
<ul style="list-style-type: none"> Can you take a late-night walk if you want? 			
<ul style="list-style-type: none"> If you want to do something the staff considers unsafe or risky, have they found ways to make what you want to do safer? 			
<ul style="list-style-type: none"> Have they discussed alternatives? 			

Questionnaire: Can You Decide for Yourself at Your Residence?

<ul style="list-style-type: none">• Have they explained what they think will happen if you do what you want?			
<ul style="list-style-type: none">• If, after all this, you still want to do something they consider unsafe, do they let you do it?			
<ul style="list-style-type: none">• If management believes government rules limit your ability to do things it considers unsafe for you, does it share the exact wording of the rule with you and explain why? (They might be reading more into the rules than is really written.)			
<ul style="list-style-type: none">• If you are a smoker, are there areas in the building or on the grounds where you can smoke?			
<ul style="list-style-type: none">• If you like to have alcoholic drinks, are they allowed			
<ul style="list-style-type: none">• Can you drink in your room or apartment, common areas, or the dining room?			
Notes:			

Can You Stay if You Become More Dependent?

Use these questions to assess whether the management will let you stay in your residence.

	Yes	No	N/A
Is it important for you stay in your residence no matter how dependent you get?			
<ul style="list-style-type: none"> • Can you stay in the residence if you become more dependent? 			
<ul style="list-style-type: none"> • What if you become incontinent or need a wheelchair, oxygen, or I.V.? Would you be able to stay? 			
<ul style="list-style-type: none"> • When would you have to leave? 			
<ul style="list-style-type: none"> • If you can stay in the residence even if you become frailer, will you be able to stay in your room or apartment? 			
<ul style="list-style-type: none"> • Will the management consider new ways to let you stay? For example, if you needed help moving from your bed to a chair and you needed to be lifted, could you lease a Hoyer lift, which the staff would need training to use? 			
<ul style="list-style-type: none"> • Can they adapt your apartment or room for you if you become frailer? 			
<ul style="list-style-type: none"> • If you can stay even if you become more dependent, does the residence have staff trained to care for you? 			
<ul style="list-style-type: none"> • Can you offer to pay for extra help if they lack the staff to care for you? 			
<ul style="list-style-type: none"> • Does it have programs to reduce falling and incontinence? 			
<ul style="list-style-type: none"> • What would happen if you spent all your money and had none left? 			
<ul style="list-style-type: none"> ○ Would the residence let you stay? 			
<ul style="list-style-type: none"> ○ If not, where would you go? 			

Questionnaire: Can You Stay if You Become More Dependent?

- If you can't stay, why? (Check all that apply).

State and local government agencies that oversee assisted living have rules that would make you leave your residence if you got too sick.

Staff and management are concerned about not being able to care for you.

Staff and management worry about the possible problems of mixing independent residents with those who are more dependent.

Other. Explain:

- How do you feel about living with residents who are more dependent than you?

Notes: