

## **CRITERIA FOR CHOOSING THE SUITABLE HOME**

PREMIUM SENIOR can help you make the right choice when it comes to finding a home for your family member who needs assistance and support. Because we know it's not an easy thing, and often not the most handy, we've made a list of evaluation criteria to keep in mind when visiting a senior center. An ideal center must meet the demands of staff, equipment, food, accommodation, distance or cost. If possible, it is recommended that the choice be made together with the senior, first of all because it looks directly at him and then his involvement in the decision will alleviate the feeling of abandonment, reducing the problems of adapting to the new place.

### **The building of the home for the elderly:**

- o Clean and neat appearance of the building – interior and exterior
- o Pleasant smell inside the building, hallways, rooms, bathrooms, dining room
- o Ease of movement within the building
- o Room equipment: TV, air conditioning, wardrobes, no. beds in the room, etc.
- o Cleanliness of common spaces
- o The existence of a yard/green space for walking, recreation, reading, board games, etc.

### **Services provided by the center:**

- o Existence of social activities, diversified program of activities
- o Cleaning the rooms, laundry services for clothes, linens, etc.
- o Volunteer programs to spend time with residents
- o The possibility of creating a flexible schedule – wake-up time, meal time, bedtime
- o Adaptation and understanding to the resident's needs and requirements
- o Compliance with religious requirements, fixing jobs, if required

### **Medical care:**

- o Medication administration
- o Management of medical emergencies
- o The possibility of scheduling visits to the specialist doctor, bringing a physiotherapist, etc.

- o Specialized medical staff for patients with Alzheimer's or dementia
- o The presence of a nurse during the night or during the weekend

**Institution staff:**

- o The staff seems friendly, ready to help, patient
- o Interacts with residents in a warm, polite manner, addresses them by name
- o They are dressed in uniforms, have badges with their name and position
- o Staff members have a habit of knocking on the door before entering the room
- o Changing staff shifts on weekdays and weekends does not affect the continuity of treatment for each elderly person
- o The number of seniors assigned to each employee

**General atmosphere in the center:**

- o Residents are cheerful, seem to feel comfortable
- o Residents are tidy, dressed in decent and clean clothes
- o Residents interact with each other – they have discussions, play various board games, watch a movie together
- o There is the possibility of choosing the roommate(s), or changing them as needed, with the notification and consent of the roommates
- o Visiting schedule and the possibility of temporarily leaving the home together with family/friends, or accompanied by qualified staff

**Meal serving:**

- o Daily menu and the possibility of serving fasting dishes, for diet or vegetarian/vegan
- o The meal can be served in the room or in another place compared to the dining room, if the elderly person's health does not allow him to participate in the meal
- o Sufficient time is given to those who require assistance in serving the meal
- o The existence of snacks between meals throughout the day

**Criteria for evaluating the need for hospitalization:**

- o The impossibility of ensuring personal hygiene (cleaning clothes, dishes, washing one's body);
- o Poor care of one's own home - house, yard;
- o Neglecting drug treatment (does not respect the dose, administration times or completely forgets);
- o He lives in isolation - either he no longer has friends or relatives, or he rarely interacts with them;
- o Frequent loss of balance – falls resulting in contusions or fractures;
- o He eats little or nothing, although he claims otherwise;
- o He cannot prepare his own food – he cannot shop or cook;
- o Fear of living alone, fear of sleeping alone in the house.

The frequency of occurrence of malfunctions is also very important, because if they are only isolated events, there is no point in worrying yet (they can happen to anyone). Of course, if they occur very often, measures must be taken, either moving the elderly together with children/relatives, or admitting them to specialized institutions: homes for the elderly.