

Know Your Local Options: Dementia Care Planning Checklist

This checklist helps family dementia caregivers understand what care options are available before a hospital stay or emergency forces rushed decisions

Facilities in My Area

1. Assisted Living Communities
2. Memory Care Communities
3. Skilled Nursing Facilities
4. Short-Term Rehab Facilities
5. Respite Care Options
6. Hospice Providers
7. In-Home Care Agencies

Facility Research

- Facility Name: _____
- Type of Care Offered: _____
- Phone Number: _____
- Website: _____
- Accepts insurance Dementia experience Secure environment
- Consistent staffing Family communication Increasing care support

Dementia-Specific Questions to Ask

1. How is staff trained in dementia care?
2. How do you handle agitation or confusion?
3. What is your approach before using behavior medications?
4. How do you help new residents adjust?
5. How do you involve family in care planning?
6. Can you accommodate short-term stays after hospitalization?

Caregiver Reminder: Planning ahead does not mean giving up. It means protecting your loved one and yourself.

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Extra Facility Tracking Sheet

Facility Research

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