



Navigating Senior Living:

Questions to Ask When Touring Senior Living Communities

- What care options are available? (Independent Living, Assisted Living, Memory Care)
- Tenure/experience of the staff (Executive Director and Wellness Nurse)
- What were the result of the last state survey visit? Any citations?
- What is the staffing ratio of caregivers to residents?
- Do they have any agency staff in the community?
- How many and what type of activities are offered each day?
- How frequently are outings offered?
- What types of doctors visit the community and how often?
- Do they have on-site physical, occupational and speech therapy services?
- What types of special diets do they provide? (low sodium, Kosher, mechanically soft)
- What kind of special training does the staff receive?
- What additional costs are involved? (hair salon, cable, phone)
- What type of annual increase should I expect?
- Under what circumstances might a resident be required to move out?
- Any specials or pricing promotions?
- May I have a copy of your Disclosure Agreement?

About Silver Bridges Consulting

Silver Bridges Consulting offers full-service solutions to help families find the ideal senior living community for their loved ones. Our approach is profoundly personal, shaped by 20+ years of experience, and fueled by our own understanding of the emotions that arise during this journey. Whether you're exploring options in the DC-metro area, or considering other geographies across the country, we're here to support you and your family—providing unbiased, expert guidance throughout the selection process.

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