



# Selecting a Nursing Home

## Checklist

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### Location and accessibility

- Where would I like to live in the future?
  - Do I like the location and immediate surroundings of the nursing home (traffic noise, park, central location)?
  - Is there enough parking for relatives and other visitors?
  - Is there a direct connection to public transport?
  - How far is the nursing home from my original apartment?
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### Housing and equipment

- Does the home seem friendly, clean and comfortable to me?
  - Do the size, features and occupancy of the available rooms match my expectations?
  - Can I bring my own furniture from home?
  - Has the building been functionally constructed with physical restrictions in mind (e.g. door width, shower instead of bathtub, grab handles, anti-slip mats)?
  - Does the technical equipment of the rooms and the home meet my requirements (e.g. emergency button, lift access)?
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### Food and daytime organisation

- Does the food on offer meet my needs (variety, choice, etc.)?
  - Am I bound to a certain daily structure or can I design it personally (e.g. getting up, eating time, going to bed, etc.)?
  - Do the entertainment and activities on offer meet my interests and wishes (e.g. cooking together, singing, gymnastics, excursions)?
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### Care and support

- Will a nursing professional be assigned to me as my personal caregiver and permanent contact?
- How are care and support tailored to my personal situation and needs (e.g. bathing instead of showering, regular walks, flexible mealtimes)?
- How many certified nursing staff members work per shift on the department?

## Care for dementia

- Does the staff have special qualifications in relation to caring for dementia patients?
  - Is there a special sheltered living and garden area for persons with dementia?
  - What is offered to keep clients active (e. g. letting them help with cooking)?
  - Is there a possibility to have a flexible daily organisation which corresponds to the possible change in day/night rhythm?
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## Medical and therapeutic treatments

- Is there a home doctor with regular office hours on the premises of the home, and are there regular medical visits?
  - Are there any employed therapists for physiotherapy, ergotherapy, logotherapy and activity therapy?
  - Are hairdressing and podiatry (medical foot care) offered?
  - How do I get to my own doctor or therapy appointments outside the home?
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## Financial questions

- What is the room and board price and flat rate for care per day?
- Is the room and board price reduced in the event of an absence (e. g. hospital stay, vacation absence)?
- Which special services do I have to pay separately (e. g. transportation to therapy appointments, laundry service, telephone, internet, etc.)?
- What additional costs do I have to expect for an internal move (e.g. when using the room alone)?
- Which costs will be charged additionally upon leaving (termination), or in case of death?
- Will I receive support with applying for financial assistance (e. g. supplementary benefits, helplessness allowance)?

## My notes

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