

# Checklist for Finding a Community for Seniors with Mental Health Conditions

**Community Name:**

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Mental health disorders can occur at any age, and seniors are especially vulnerable to issues such as depression, anxiety and cognitive impairment. While there's no one-size-fits-all treatment for mental health disorders, seniors who are struggling with these issues may want to consider joining an assisted living community. These facilities provide seniors with the safety and security that comes with knowing staff are always available to lend a helping hand, and many residents find they can rest easy knowing that they don't need to worry about maintaining a home, shopping for groceries or preparing meals.

Ask these questions when exploring prospective assisted living facilities:

**Facility:**

How many residents live in the facility?

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Is the facility well-maintained?

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Is the facility located close to the senior's current primary care provider and other members of their care team?

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Does the facility accept pets or therapy animals?

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What type of access controls are in place?

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Can residents come and go as they please?

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Is there a secure outdoor area for residents who are at risk of wandering, such as a courtyard?

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**Accommodations:**

What are the accommodations like? Are there private rooms or apartments available?

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Will the senior have their own private bathroom and kitchen?

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Do the rooms/suites come furnished, or do residents supply their own furnishings?

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**Mental Health Services:**

Are medication management and administration services offered?

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What kinds of therapeutic recreational activities are included?

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Are on-site rehabilitation therapies available, such as skilled nursing, physical, occupational, and speech therapy and mental health counseling?

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Do staff members have additional training and experience in supporting seniors who have mental health disorders?

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What procedures are in place to support residents who are experiencing acute mental health issues?

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What are the policies regarding admitting and retaining seniors who've been diagnosed with a mental health disorder?

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