Choosing a Nursing Home

This fact sheet gives you advice and recommendations from the experts – the people who are actually receiving care in a nursing home. Each of the individuals quoted below is a long-term care consumer who was interviewed and asked what suggestions they had about how to choose a good nursing home.

- **When choosing a nursing home:**
  - Look to see if residents and staff both appear to be happy. In order for residents to be happy, the staff has to be happy. - Marilyn
  - Pick a nursing home that is as close to family and friends as possible. - Brian
  - Check the beds for comfort! The bed I had was so uncomfortable that I had to bring in my own mattress. - Marilyn
  - When considering a specific nursing home, ask people if they have heard anything good about it. - Brian
  - Find out if there is an active activity department. That's really important. - Marilyn
  - See if the kitchen tries to provide residents with food they like and will eat. - Marilyn
  - Find out where the nursing home is with culture change. - Howard
  - Are reading materials, like books and a computer available for residents? - Marilyn
  - Observe whether wheelchairs are the right size for residents. There is one woman here in a wheelchair that is too big for her and it is very hard for her to get around. - Marilyn
  - Ask if the nursing home is responsible for lost or stolen items. If something is missing and can’t be found in this facility, they give you a check for $10, no matter how much the item cost. - Marilyn