

# Transition to Adulthood Checklist

## My child is almost 21 years old, what do we do next?

This simple checklist can serve as a starting point for parents with older children beginning to look for adult care:

### **Health Needs**

Is the individual's personal physician readily available to this home?

Does this home specialize in and meet individual nursing needs/Are specialized services available, if needed?

### **Costs and Payment Sources**

Is the bed/capacity funded by the Department of Human Services?

Is the bed funded by Medicaid?

Does the home accept private payment?

Are you aware of what is included in cost of care, room and board?

Are you aware of personal items which are the responsibility of the individual?

### **Building and Grounds**

Is the home wheelchair accessible?

Are there grab bars in toilet and bathing facilities?

Are all parts of the home easily accessible by your individual?

If applicable, is there a fire safety system and automatic emergency lighting?

Are there portable fire extinguishers?

Are exit doors unobstructed and unlocked from inside and easily accessible?

Is there a fire station available to service the home?

Is the home as clean as you set your personal standards?

Is the home reasonably free of unpleasant odors?

Is the home well lighted?

Is the home convenient for frequent visits from family and friends?

Is the building licensed for the level of care being given?

If needed ,is there a wanderer monitoring system?

### **Staff Attitude and Staff Size**

Is there quality individual and staff activity in the home?

Is staff courteous to the individuals and visitors?

Does the staff respond quickly to calls for assistance from individual's?

Do they appear happy?

Does the staff knock before they enter a room?

Is there a Registered Nurse or Licensed Practical Nurse available for consultation, or as your individual demands?

Does the staff know the individuals by name?

Does the Administrator have a current license,if appropriate?

Does it seem that staff are familiar with the needs of the individuals they care for?

### **Quality Indicators**

Do individuals look to be functioning independently(or with some staff assistance as needed)?

Does the home offer a written description of individual rights and responsibilities?

Does the home have a resident council?

Are Hotline and area nursing home ombudsman telephone numbers offered, as appropriate to setting?

### **Activities and Events**

Are individuals involved in activities sponsored by the home?

Are volunteers involved in home activities?

Is there a private place for individuals to meet with family and friends?

Are there a wide range of activities the interest individuals?

### **Resident Rooms**

Are individuals bedrooms clean and pleasant?

Can individuals bring personal items from home?

Is there a policy for changing rooms?

Will the bed be held if a short hospital stay is needed?

Does the home provide adequate laundry services/facilities?

Is clothing marked inconspicuously?

Are rooms well ventilated and kept at a comfortable temperature?

Are toilet and bathing facilities accessible?

### **Meals and Nutrition**

Does the food look and smell appetizing?

Does it taste good?

Is assistance provided in eating, if needed?

Do the meals match the menu planned for the day?

Are the meal substitutes offered to meet the individual preferences?

Are individuals interacting with one another at the dinner table?

Are staff interacting with the individuals during meal times?

Is a choice of snacks available?

### **Inspection Reports**

Is the home licensed by the Department of Public Health?

Did you know that you may access the State reports through the Freedom of Information Act ?

Did you notice any pattern in the Department of Public Health Inspection report to suggest concern in care giving?

Does the State report show any patterns regarding concerns in staffing?

Does the State report show any patterns regarding concerns in ground maintenance?

### **Health and Happiness Check**

Are individuals and families involved in developing their own care plans?

What is the policy of the home if a person becomes terminally ill?

Is there an individual program plan designed to meet your individual's needs?

Are regularly scheduled program plan meetings being held that actively involve the individual(if able) and family members or guardian?