

Care Home / Aged Care Checklist

Care homes and aged care facilities vary considerably and it's important to get the best fit for your family member. It's often hard to know what to look for. Here's a checklist from the Aged Advisor 2023 edition which may help you decide. Consumer also put out a good checklist a number of years ago. https://d3c7odttnp7a2d.cloudfront.net/assets/8159/Rest_Homes_checklist.pdf

Use this as a reference.

You may wish to either tick if it applies, add 'yes' or 'no' or give a personal rating from 1-5 to help compare your options.

Facility Name(s)

Street/Suburb

Phone

Date visited

	1	2	3	4	5
Facility and Care					
What are the levels of care offered? (eg rest home, dementia)					
Is there an ORA/Entry Price (eg \$230,000)					
Is there a Premium Room Fee? Daily, weekly, 28 days? (eg \$30 per day)					
Is a GP on call 24/7? Is a registered nurse on 24/7? (eg yes, yes)					
Overall atmosphere in the care home? (eg light, warm, homely)					
Last DHB Audit result? (eg 48 months)					
Individual Room					
Do rooms appear clean and homely?					
Is there plenty of natural light?					
Was the temperature comfortable? Adjustable heating in the room?					
Can residents bring own furniture?					
Do the rooms have an ensuite?					
Social					
Are residents normally in the lounge or own room? Can they choose?					
Is there a weekly activities programme? What are the activities like?					
Is there a Physio, Occupational or Diversional Therapist? How many hours per week are they available?					
Is there spiritual care available? How often? Within the home or externally sourced?					
Overall atmosphere in the village?					

Were staff / management approachable / friendly?				
Did residents appear relaxed and happy?				
Location				
Near friends, family? (eg yes, yes)				
Nice green spaces? Multiple quiet spaces / gardens?				
Ground floor or multi-level?				
Easy parking for visitors / family?				
Meals				
Do meals look appetising?				
What do other residents / visitors say about food?				
Are there tea / coffee making facilities for residents?				
Are special dietary needs met? Is there any additional cost?				

Reference: Aged Advisor 2023 edition