

# 4 Red Flags to Look for if Your Loved One is in a Nursing Home

## 1. Loud Noises

When you enter the nursing home do more than just look -- listen. Is it noisy or quiet? The more well-run organizations tend to be more quiet and calm. Constant overhead paging can cause agitation in aging people, especially those with Alzheimer's and dementia.

## 2. Disrespectful Staff

Observe the way the staff and residents interact. This gives you insight as to the elder's life at the care facility. Do the caregivers know the residents' names? How long is the response time when someone is called? Does the respect go both ways between the elder and staff? Another red flag is staff who talk to each other more than they talk to residents.

## 3. Lack of Choices

Moving into a long-term care facility takes away a lot of the senior's freedom. It's important for them to still be able to make choices about what (and when) they eat, what they wear, and when they wake up and go to bed. Variety is also important and the activities the facility provides should be widespread and give the elder the ability to choose what they want to participate in.

## 4. Visiting Hours

Visiting hours is an antiquated concept. While it's not unreasonable for the facility to question your 2am visit, you should be able to come and go as you please. Joining a loved one for meals or an activity can also give you good insight to the food quality and social offerings.



We specialize in and provide support to seniors, Veterans, and their loved ones. If you have a loved one in the nursing home, don't hesitate to contact our office.

Our goal is to always guide clients toward solutions and decisions that best fit their unique circumstances.

*We would be honored to serve you.*