



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

*CELEBRATING
150 YEARS!*

A Healthy Tradition of Care and Wellness

Tips on What to Look for in Long-Term Care for Your Loved One

Various checklists provided by independent living organizations and long-term care advocacy groups typically focus on a common set of key criteria to help individuals select the right long-term care environments for their loved ones. For example:

- **Take a Tour** – Never choose a long-term care community “sight unseen.” Arrange a formal meeting with the facilities' administration department for a formal tour of the facility. If possible, it is often a good idea to visit the center at different times of the day during the week in order to check the level of service provided.
- **First Impressions Count** – Feel free to trust your first impression when you walk into the doors of a long-term care facility. Use all your senses; does the place smell pleasant, or is there an industrial or unpleasant odor in the air? Is it well-lit and pleasingly decorated? As you walk through the facility, you should get a sense that this is a home, not an institution.
- **Location** – This can be an important factor to consider in terms of visits by family members and friends. Visits are an important emotional consideration for residents, which helps them feel a continuing connection with their families.
- **State Certification Survey** – If a facility receives Medicare or Medicaid funding, it is inspected periodically by a state surveyor. How well did the community do in its state survey? Was it free of deficiencies? If it did have any deficiencies, have they been rectified?
- **Observe Current Residents** – While assessing the community, take time to observe the residents. Do they seem happy and engaged? Do they appear clean, well-groomed and well cared for? Do staff members interact pleasantly, amicably and respectfully with them?
- **Quality of Care** – Does the community have a Medical Director who specializes in Gerontology and a fully certified physician specializing in physical and medical rehabilitation? Do they provide 24/7 nursing care and supervision, which includes pain management, medication and wound care services? Also, are nurse's aides available to help with dressing, grooming, personal hygiene and bathing?
- **Food Service** – Three meals as well as snacks should be provided to residents every day. Take note of the food quality. Is the food tasteful? Are the meals nutritious? Are accommodations made for dietary restrictions and preferences? Does a dietitian meet individually with each resident to customize a nutritional plan based on their personal tastes and needs? It is a good idea to visit the dining areas and have a meal there during mealtime?



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- **A Focus on Life Enrichment** – Ask about the types of activities offered to residents. Activity departments should offer more than coloring or Bingo. A well-rounded activity department will interview residents about their personal interests and preferences and offer such recreational options such as music, painting, pet therapy, movies, games, community outings, cooking classes, lectures, discussion groups and WiFi for computer use, just to name a few.
- **Access to a Full Range of Therapies** – These include physical therapy, occupational therapy, speech therapy and therapeutic recreation designed to restore or simply maintain residents' strength, balance and mobility.
- **A Homelike Environment** – Individuals interested in long-term care should look into private rooms and determine whether personal belongings and furnishings may be brought to the facility to make the resident's room appear homier. Today, the trend in long-term care facilities is culture change. This means that, more than ever before, choices are given to residents regarding their daily schedules.
- **Community Amenities** – Are there welcoming, inviting places such as recreation areas, lounges and outdoor patios where residents can gather to participate in activities, enjoy one another's company and be a part of the community?
- **Religious Services** – Are worship services available to meet the needs of all faiths?

Discover our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Hospital, **Saunders House** – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.

Today, Saunders House offers a range of services, including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on **Saunders House**, our Short-Term Rehabilitation program and other professional services, please call us today at **(610) 658-5100** or [contact us](#) online.