

What to Look for in Assisted Living For Hispanic Older Adults

Moving to an assisted living community has many potential benefits, but it's important to find a community that accepts you for who you are and makes you feel welcome. Use this checklist to find an assisted living community that supports its Hispanic residents.

Cultural Inclusion

- Does the dining room offer traditional Hispanic foods or cuisine with Latin American roots?
- Does the community have special events on days that are important to Hispanic residents, such as Día de Muertos or La Batalla de Puebla?
- Do staff members incorporate Hispanic culture into any of the community's scheduled activities? For example, are there cooking classes focusing on Latin American cuisine or plays featuring Hispanic main characters?
- Are residents given the opportunity to suggest activities incorporating their favorite cultural traditions?

Language

- Does the community have Spanish-speaking staff members?
- Are translators available to help you communicate with staff members and other residents?
- If the community hosts guest speakers, how many of those speakers deliver their messages in Spanish?
- What percentage of the community's residents speak Spanish?
- Are Spanish-speaking staff members fluent in the language, or do they only know how to use basic conversational Spanish?

Memory Care

- If the community offers memory care, are therapeutic activities designed with each resident's culture in mind? For example, if residents have access to art therapy, does the therapist make an effort to incorporate elements of Latin American art into each project?
- Does the community have Spanish-speaking staff members who are also trained to provide specialized care to residents with dementia?
- For communities that don't have any licensed medical professionals on staff, do residents have access to Spanish-speaking doctors, nurses, physical therapists and other care providers?