

What To Look For in an Assisted Living Community for a Chinese-American Older Adult

Finding the right assisted living facility can be a challenge, and that's especially true when you're seeking care for your Chinese-American loved one. Use this checklist as a guide when touring assisted living facilities to help you find the best place to meet your family member's needs.

First Impressions

- Facility exterior appears clean and well-lit
- Neighborhood seems quiet and safe
- Facility has ample parking spaces, including handicapped spaces with easy access to the building
- Residents in the common areas appear happy and satisfied
- You are greeted promptly and enthusiastically
- Facility has traditional Chinese decor on display

Your Tour Guide

- Is friendly and welcoming
- Appears interested in your concerns and answers any questions you have
- Doesn't pressure you or make you feel uncomfortable
- Invites you to speak with other staff members, such as caregivers and activity directors
- Makes an effort to speak with both you and your loved one

Staff

- Can speak multiple Chinese dialects
- Know the residents' names
- Interact with residents in a satisfying way
- Have experience caring for residents with medical conditions similar to those of your loved one
- Maintains an adequate to resident ratio

Rooms

- Appear clean and beds are neatly made
- Incorporate Feng Shui design
- Are spacious
- Have generous closet space
- Temperature is comfortable and controllable in each room
- Include safety features such as emergency alert systems and shower grab bars
- Offer views of the outdoors and/or private patios or balconies
- Shared have private areas
- Are pet friendly
- Can be decorated to taste

Dining

- Residents appear to enjoy the food
- Staff invites you and your loved one to sample meals
- Facility employs trained professional chefs
- Facility has a diverse selection of cuisine, including authentic Chinese meals
- Meals are prepared under the guidance of a dietitian or nutritionist
- Chefs accept special meal requests
- Chefs prepare meals to meet specific dietary needs/preferences
- Residents are allowed to bring food to their rooms or eat meals where they please

Recreation

- Has a varied calendar of daily activities and special events
- Has tea rooms, gardens and other areas for residents to socialize
- Offers religious services in Chinese
- Caters to Chinese residents with activities such as mahjong, calligraphy and tai chi
- Has exercise areas and fitness programs
- Offers regular outings to local attractions
- Celebrates Chinese holidays such as Mid-Autumn Day and Chinese New Year

Finances

- Services such as housekeeping, personal care and transportation are included in the cost
- Facility is upfront about additional charges
- Facility has an appeal process for potential termination of the contract