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Ensuring A Smooth Transition Into The Nursing Home

When you come to the realization that a mother, grandmother, uncle or other family member needs full-time care, it can be a very stressful and emotional process.

/24-7PressRelease/ - PHOENIX, AZ, May 14, 2008 - When you come to the realization that a mother, grandmother, uncle or other family member needs full-time care, it can be a very stressful and emotional process. Many family members feel guilty that they are not able to care for their loved ones and worry that they won't find a high quality facility.

Transitioning a loved one into a nursing home doesn't have to be difficult. If you take your time and do thorough research, you can prepare your loved one and your family and create a smooth transition.

Education

Find out all you can about specific nursing home facilities in your area. Ask around and try to find other families with loved ones in local facilities. Visit them at varying times of day to get a feel for the environment. Take a close look at the physical and emotional health of the residents — do they seem to be well taken care of and are they actively engaged with their surroundings? Are staff members attentive, compassionate and kind?

Funding

Meet with nursing home directors to discuss payment plans. Compare rates on different facilities, and find out what benefits residents receive. Are there extras for the residents, like books, exercise equipment, movies, etc.? Do they host activities and social outings? Ask questions about where the fees go and how they use them to enhance the quality of life for residents.

Personalization

Look to see if residents are given personalized care. The staff to resident ratio is a good indicator. Ask how often your loved one would be seen by a doctor. Ask about the ways the facility encourages interaction and find out if residents have a say in activities, meals, etc.

Visitation

Ask about visitation policies, and then set aside time in your calendar devoted to visiting your loved one. Frequent visits from family members help to make the transition easier. They will also show the staff that you're interested in your family member's care, which will keep them more attentive.

Support Elder Care Advocacy

The [Elder Justice Act](#) is a proposed nursing home abuse bill that been under consideration in Congress for the past five years but has yet to receive approval. It would create a combined law enforcement and public health approach to promote early detection and prevention of elder abuse, neglect and exploitation. The [Elder Justice Coalition](#) is spearheading advocacy to get this Act passed and to institute additional measures that will protect our elders. Lend your support by learning more about the bill and sharing its purpose with others. You can also talk to your state ombudsman for additional information on making a smooth transition into a nursing home,

If you suspect a loved one is being mistreated in a nursing home or elder care facility, and you live in the Phoenix, Arizona, area, please visit the web site of [Snyder & Wenner, P.C.](#)