



# BRYN MAWR TERRACE

MAIN LINE SENIOR CARE ALLIANCE

A Healthy Tradition of Care and Wellness

## Expert's Tips to Help You Choose the Right Long-Term Care

Choosing the right long-term care community for a loved one in need of around-the-clock care can be a challenge. Fortunately, there are excellent independent resources available that can help to make your choice easier and better. **The Mayo Clinic**<sup>®</sup> and other sources provide important criteria and key questions to consider when choosing a long-term care community to fit your needs.

- 1. Do the services match your needs?** Narrow down your long-term care choices by finding communities that can meet your loved one's care requirements. Does your loved one need assistance with daily living tasks, skilled nursing care or memory care? Choose one that offers the right mix of services.
- 2. Is it convenient for visits?** Is it within easy driving distance? Being close to friends and family can ease your loved one's transition to long-term care and ease your concerns.
- 3. Quality of care** – Does the community have a medical director and a board-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 nursing assistants available to help with dressing, grooming, personal hygiene and bathing for long-term care residents? These factors are extremely important when choosing a long-term care provider.
- 4. Is it licensed and reputable?** – 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? If it had any deficiencies, have they been rectified? Also, what is its reputation in the area?
- 5. Are life-enrichment activities emphasized?** Ask about the types of **activities** offered to long-term care residents. An effective activity department will interview residents about their personal interests and preferences and offer recreational options such as music, painting, pet therapy, games and community outings. Are worship services available?
- 6. Food and snacks** – Three meals as well as snacks should be provided daily to skilled nursing and long-term care residents. Is the food tasteful and nutritious? Are accommodations made for dietary restrictions and preferences? Does a dietitian meet individually with each resident to customize a nutritional plan which focuses on their personal tastes and needs? It is a good idea to visit during mealtime to visit the dining areas and have a meal there.
- 7. Is the environment homelike?** In choosing a long-term care provider, you should look at private rooms and determine whether personal belongings and furnishings may be brought to the facility to make the resident's room appear more like home. Also, are there 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?
- 8. Is memory care needed?** These days, **memory care** is an increasingly important factor in choosing long-term care. Is there a safe, separate unit for residents with Alzheimer's and other forms of dementia? Are staff members specially trained to care for someone with dementia? Is there ongoing staff training about dementia? If you need memory care, the **Alzheimer's Association**<sup>®</sup> offers a useful [checklist](#) for community visits.
- 9. Understand the cost structure** – Before choosing a provider review the details on prices, fees and services. Know what's included in the monthly fee and what costs extra.



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Located near Bryn Mawr Hospital, Bryn Mawr Terrace – part of [Main Line Senior Care Alliance](#) – has provided exceptional care and services to seniors and their families since 1966. It's a tradition we're proud to continue.

Today, Bryn Mawr Terrace serves as a Continuing Care Retirement Community (CCRC), offering a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [independent living](#), [personal care](#), [memory care](#), [restorative care](#) and [respite care](#) – all in a setting that is warm, welcoming and nurturing.

**For more information on Bryn Mawr Terrace and our variety of needs-based lifestyle services, please call us at (610) 525-8300 or [contact us online](#).**

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