

Life in a retirement home can offer many new experiences. If you or someone you love has started to think it is time for a change, we invite you to use the Retirement Living - Resident Checklist to help guide your decision.

Retirement Living – Resident Checklist				
Impressions of the Building				
	Priority?		Nearby?	Comments
	Need	Want		
Is the building easy to get to? Accessible to highways	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there public transit nearby?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there wheeltrans service available through the local municipality?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the building have curb appeal?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the building in a safe area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the location convenient to my family members, doctor, dentist, shops and entertainment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there medical facilities reasonably close by?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a garden, walking path or other outside features?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is it a nice, clean, up-to-date building?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
How old is the building?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the decor attractive and the furnishings appropriate for seniors?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the air smell fresh and free of unpleasant odours?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there lots of natural lighting and pleasant artificial lighting?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the noise level appropriate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

What security is in place?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What is the fire safety system? How often are drills?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there private mailboxes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there the common areas that would interest me? These might include a dining room, hair salon, chapel, theatre, games room, craft room, fitness area and more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there places in the building where people can visit privately?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
How many elevators are in the building?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Was it a busy, bustling atmosphere or a more quiet, sedate ambiance?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Staff				
	Priority?		Provided?	Comments
	Need	Want		
Do the staff members appear professional and appropriately dressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there registered care staff in the building?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do staff appear to chat with residents and know their names?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are they friendly to me and do they make me feel at home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do staff seem well informed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Do they patiently answer my questions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Was I introduced to the Executive Director and other key staff members?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Residents				
	Priority?		Provided?	Comments
	Need	Want		
Do the residents seem happy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do they appear to be well groomed and dressed appropriately?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do they chat to each other?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do they seem fairly active?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do the residents seem involved in the life of the residence?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are the residents friendly toward me?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do the residents' family members visit often?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are families a big part of resident life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Did the person touring me introduce me to several residents?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Services	Priority?		Provided?	Comments
	Need	Want		
	Is there a receptionist on duty? What are the hours of front desk reception and how would I enter the building when noone is there.	<input type="checkbox"/>	<input type="checkbox"/>	
Are there hospitality services such as housekeeping, laundry service and a concierge available? What is included and what is extra?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can I do my own laundry if I wish? Where are the facilities and is there a charge?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a service that checks on me in my room in case there is a problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a hair salon or other aesthetic services on site?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a shuttle bus for local outings? How often does it run?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there any shops in the building? General groceries? Gift shop?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are religious services available? How often? What denominations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Which services cost extra? How much extra? How much notice will I get if rates go up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

How can I do my banking? Is there an ATM on site?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Did I receive a copy of the monthly recreation calendar? Does it contain a variety of physical, recreational, educational and intellectual programs that I would enjoy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Food	Priority?		Provided?	Comments
	Need	Want		
How are meals served?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
How many meals are included each day? Do I have the option of “opting out” of any meals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
How often do menus change?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What if I want larger or smaller portions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What training does the chef have?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there special dinners and mealtime events?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can I get special meals tailored to my health or other needs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there room service? Is this included or is there a fee?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a 24 hour snack area so that I can get food during the night?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Is there a registered dietician on staff?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do residents contribute to meals or meal preparation in any way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can my family and friends come to eat with me? Is there a private dining area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there meals from my culture available? How often? Can I have input?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the residence licensed? Is there a bar?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is wine or beer served with meals? How often?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is seating in the dining room assigned or are we free to sit wherever we wish?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Suites				
	Priority?		Provided?	Comments
	Need	Want		
What types of suites are available? Studio? One-bedroom? Two-bedroom?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What suites sizes are available?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What are the suite finishes? Do they appeal to me?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the suite designed with a seniors' needs in mind?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Is there individually controlled heat and air-conditioning?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there sufficient closet space?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there one or two bathrooms? Does each bathroom have a tub or shower? Grab bars?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What if I want to change to a different suite? How is that arranged?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there kitchens or kitchenettes in the suites? What appliances are included?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can I make your own meals in the suite?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What small appliances are acceptable for use in the suite?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Where can I buy food for my kitchen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
How much furniture will I require?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
How much privacy will I have in my suite?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a sitting room or living room?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there adequate natural and artificial light?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can I put phone or cable TV in my suite? Is the cost included?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Is the suite internet-ready?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
How can I keep my belongings secure (locked drawers, a safe)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can I have alcohol in my suite?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can I smoke in my suite?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there an emergency communications system in my suite? What type?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Health, Medical and Fitness				
	Priority?		Provided?	Comments
	Need	Want		
What care services are provided in the basic service package and what services are extra?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are care services provided throughout the building or is there a designated area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What medical conditions does the residence accept? What happens if my health deteriorates? Would I have to move?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the residence accept walkers, scooters, and wheelchairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are residents with oxygen accepted? Who manages the oxygen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the residence accept people with dementias and other cognitive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

impairments? Is there a secure area?				
Must I pass a health evaluation to be accepted into residence and what does it entail?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a doctor on site? Does he/she have an office there or does he/she see residents in their suites?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
How is medical treatment given?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can my doctor visit me here?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does a visiting lab come to the residence?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What other medical professionals are on site?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Who responds to my suite if I activate the emergency communications system?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there short-term respite services available if I experience a short illness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a strong emphasis on health and wellness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are personal trainers available who specialize in older adult fitness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What kinds of exercise classes are available? How often?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Is there a fitness area with equipment? What are the rules governing its use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Is there a pool? What are the rules governing its use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Is there a walking program?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Financial					
	Priority?		Provided?		Comments
	Need	Want			
What is the daily or monthly charge?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
What is included in my rate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
What are the extra services available at a fee?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Is there an entry fee and is it refundable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Will I get advance notice if costs go up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
What are the different financial packages?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
How much notice would I have to give if I had to move?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
How often do you raise the rates?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
How much have rates gone up in the past couple of years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
How will I be billed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Other	Priority?		Provided?	Comments
	Need	Want		
Can family members stay overnight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can I have a pet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the residence licensed by Retirement Home Regulatory Authority (RHRA)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the residence a member of the Ontario Retirement Communities Association (ORCA)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What academic and non-academic classes are available on and off-site?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there volunteer opportunities available, either at the residence or organized in the community?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the residence participate in events in the wider community?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do I have to label all my clothing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What entertainment does the building have? How often?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can residents ask for different entertainment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a resident's council that I can join?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there off site events?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

