



Checklist for Choosing a Senior Living Community for Someone with Diabetes

Community Name:

Diabetes is a challenging disease to manage, especially for seniors. As you look for a senior living community, make sure that the staff is prepared to help with this disease and its management. In addition to basic questions about amenities and activities, you need to ask some specific things about diabetes care. This checklist will help you know what questions to ask as you choose the best senior living community for someone you care about who has diabetes.

Care Planning and Emergencies

Does each resident have a written care plan? If so, who develops it?

How often are care plans reassessed? Is it frequent enough to handle the changes that come with diabetes?

Does the facility have a hospital affiliation if complications from diabetes arise?

What medical emergency procedures does the community have in place?

Does the emergency preparedness plan have a plan in place for ensuring diabetic seniors have their medication available in an emergency?

Staff

Does the staff have any specific training on diabetes care and management?
How often does new training take place?

Does the staff have experience helping diabetic seniors?

Do they have a good success rate with managing diabetes and the potential complications of this disease?

Does the staff include a physician, RN or LPN? How often are they on-site?

Monitoring

Is the facility able to offer 24/7 supervision if the diabetic patient needs it?

Do they have protocols in place to monitor wound healing?

How often will they monitor blood sugar levels?

Will the senior have a call button or pendant to summon help if needed?

Medication Management

Do they have a nurse on staff daily to handle injections?

Do they have protocols in place to ensure doctor's instructions are followed closely?

Who has permission to manage medications, and are they trained in doing so?

How are medications stored to prevent tampering or damage due to heat or humidity?

Meals and Nutrition

Does the community offer diabetes-specific meal plans?

Does the staff have protocols in place to ensure a diabetic senior is eating regularly?

Are snacks available between meals for times when blood sugar support is necessary?

Does the resident have the ability to prepare meals or snacks in their apartment if desired?

Cost

Does the community charge an additional fee for diabetes management services?

Would any changes in health or other circumstances cause the costs to increase?

Does the community help seniors with diabetes with applications for government programs to help pay for care, such as VA, Medicaid or Medicare?
