

FREE PRINTABLE

Memory care night questions

Tours happen at 11 a.m. Your parent will live there at 3 a.m., too. There's no federal staffing ratio for assisted living, so ask specifically and write down the answers.

Ask, and write down the answer

☐ How many awake staff are in memory care overnight, for how many residents?

☐ Is a nurse on site at night? If not, who's on call, and how fast can they get here?

☐ How often is each resident checked overnight, and is it documented?

☐ What happens, step by step, if my parent falls at night?

☐ When will you call me, including in the middle of the night?

☐ What do you do when a resident is awake and walking at 2 a.m.?

☐ How do you handle sundowning in the evening?

☐ How much of your night staff comes from an agency?

Good answers include

- 1 Specific numbers, the same for weeknights and weekends
- 2 Staff who know the residents by name
- 3 Checks that are written down
- 4 A safe place to walk, a snack or a quiet activity for residents who are up
- 5 Evening routines: daytime activity, less stimulation, good lighting at night

Pause if you hear

- 1 "It depends" or "we staff to need"
- 2 "We're fully staffed," with no number
- 3 No clear answer about who is on call

Don't just ask. Visit in the early evening, around dinner and after. Are residents calm? Are call lights answered? How do staff talk to someone who is upset?