

Selecting an affordable Assisted Living Facility ALF

ALF's can be a primary means of providing housing, food service, security and assistance with the activities of daily living. The ALF's provide an environment that promotes and enhances independence of individuals for as long as possible. There are over 2,400 licensed ALF's in Florida. They range in size from small, home-like environments with under six residents to large full-service communities with over 500 residents.

Services to expect:

- Basic housing – private or double occupancy rooms to suites/apartments
- Meals and snacks
- 24 staff
- Help with daily activities
- Assistance with medications
- Housekeeping, help with laundry
- Social and recreational activities
- Transportation to activities, appointments, etc.

Some AFL's are specific to Alzheimer's and/or other memory impaired
Safety and supervision are issues in the above

Financial concerns:

- Private funds
- Insurance policies
- Medicaid assistive Care Services, Medicaid Waiver – if eligible

Questions to ask:

1. What services are included in the monthly rent
2. Can you see a copy of the sample contract
3. Will you receive a written plan of care? Will it change as needs change?
4. Is there an initial entrance fee, application or deposit up front
5. Is there a cap on the % the monthly rate can be raised
6. What happens if you run out of money
7. What are your options if your health worsens
8. Is the facility licensed by FL
9. How are complaints handled – patient's bill of rights

Other questions:

Can I choose my own room, bathrooms (private or communal) kitchenette, size of room, storage space, elevators, handicap assessable bathrooms, security, can I bring my own furniture, control the temperature, pets, smoking, parking, fire drills, smoke detectors, sprinkler system

Be sure you are welcome to visit at any time of the day. Stop in at odd hours before your parents move in and continue to oversee the care they receive once they are settled in.

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