

CHOOSING THE RIGHT HOME: A GUIDE

Special Care, Memory Care & Nursing Homes



New  Nouveau
Brunswick



ARE YOU OR A LOVED ONE CONSIDERING MOVING TO A HOME?

There are things you can do to choose the best one.

Selecting the best home is a big decision that can feel overwhelming. One of the best ways to feel comfortable and confident in your choice is by doing some research before making your decision. There are many questions you can ask and lots of information you can access to help choose the home that is right for you or your loved one.

Types of Homes

Special Care Homes

Facilities for people who need help or supervision with daily living activities. To learn more about Special Care Homes, [click here](#). Click here for a complete list of Special Care Homes in New Brunswick.

Memory Care Homes

Facilities that provide supervision and help with daily living activities to seniors with a dementia diagnosis. To learn more about Memory Care homes, [click here](#). For a complete list of Memory Care Homes in the province, [click here](#).

Nursing Homes

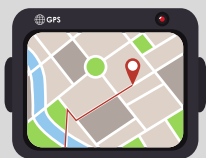
Facilities that provide help with daily living activities to seniors who need continuous onsite access to nursing assessment and care. To learn more about Nursing homes, [click here](#). For a complete list, [click here](#).

HOW TO BEGIN THE PROCESS



IT STARTS WITH AN ASSESSMENT

Once Social Development has assessed you or your loved one, a social worker will provide a list of facilities in your area. Start by looking at the list of homes, and make a shortlist of those that seem like they might be a good fit for you or your loved one. A few points to consider when choosing a facility are listed below.



Location



Meals



Cost



Recreation & Activities

Ask Around

Talk to trusted friends or relatives who have had to choose a home for themselves or a loved one. Ask about their experience and for any advice they have for selecting a home, as well as any homes they would recommend. You may also ask your healthcare providers which homes they feel would be a good fit for you or your loved one.



ARRANGE TO VISIT

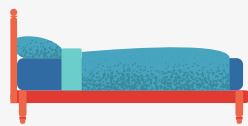
In-person or virtual tours give you a chance to see the facility and ask important questions.

A tour is the best way to get a sense of the facilities on your list and of the people who live and work there. Get in touch with each home to arrange a visit and tour of the facility. Some homes offer regularly scheduled tours, while others will provide a one-on-one tour. Be sure to see the various types of rooms, as well as the common areas. Due to COVID, some homes may offer virtual tours of their facility.

When You Visit

Don't be afraid to ask questions. Here are some good ones to ask.

- Do you have any rooms available?
- How much does it cost on a monthly basis to live there?
- How many baths/showers do residents receive per week?
- What is the staff-to-resident ratio?
- What types of social and recreational programming are available?
- Do you provide transportation to and from medical appointments? What is the cost?



- Are there any additional fees such as cable, phone, internet, etc.?
- Are bedrooms or bathrooms shared or private?
- What is provided, such as furniture, bed, bedding, towels, etc.?
- What personal belongings can I bring with me, such as furniture, décor, etc.?

- Do you provide a menu? Can I get a copy of it? Do residents have more than one option for meals? Be sure to talk about any food restrictions or allergies.
- Do you offer specialized services, like a special care unit for a resident with dementia or ventilator care?
- Are there resident policies? Can I get a written copy of them?
- Are there extra charges for other services?



Other Considerations

A few other things to help you make the best decision in choosing a home.

Things to Look For During Your Tour

During your visit, pay attention to the surroundings and atmosphere, as each home has a unique feel. Look for:

- Do the individuals look well cared for?
- Warm interaction between individuals.
- Attractive and clean dining room and common areas.
- Appetizing looking food (if you're visiting during mealtime).
- Access to fresh air and the outdoors.

Review Inspection Reports

Annual inspection reports for all Special Care, Nursing and Memory Care Homes in New Brunswick are posted online:

- **Special Care Homes** by clicking here.
- **Nursing Homes** by clicking here.
- **Memory Care Homes** by clicking here.

Note: While these reports can indicate possible areas of concern, it's best not to base your final decision about a particular facility solely on the inspection. Contact the home to share any concerns or questions before you rule it out.