

GETTING GOOD CARE CHECKLIST: FROM THE BEGINNING

BEFORE SHE MOVES INTO THE NURSING HOME			
To do:	Completed?	SmartCare Chapter (section)	Notes
Start a notebook		1 (11)	
Talk to your mother about what she wants		1 (7)	
Make a list of her needs and preferences		1 (1)	
Talk to the nursing home staff about the list; give them / post a copy		1 (2)	
Ask about filling prescriptions		1 (3)	
Get orders started for drugs, supplies, medical equipment		1 (2)	
Get detailed transfer orders from doctor		1 (6)	
Choose a doctor; schedule a first appointment		1 (10)	
Create health care power of attorney		1 (9)	
Find out about safety precaution procedures for other residents		1 (4)	
Get the residents' rights statement		1 (5)	
If there are many family/friends who will be visiting, pick someone to coordinate visits, debrief afterward		4 (3)	

THE DAY SHE MOVES INTO THE NURSING HOME			
To do:	Completed?	SmartCare Chapter (section)	Notes
Make sure nurses have transfer orders		2 (2)	
Make sure your mother's medications, equipment and special supplies are there or ordered		2 (3)	
Introduce her to the nursing home staff		2 (4)	
Discuss specific things about your mother with her CNA (use your list)		2 (4)	
Test the call buttons in her room, bathroom		2 (9)	
Make sure the staff have your contact information		2 (5)	
Make sure staff know who can get health information about your mother		1 (9)	
Get her schedule for the first few days			
Find out when she will see any therapist: try to be there the first time			
Meet her roommate's and neighbors' family and exchange contact information		2 (11)	
Take her around the facility		2 (10)	
Make sure meal time goes properly		2 (12)	
Keep the habit of writing what you see in your notebook			
Call and talk to her at bedtime if you are not there		2 (14)	

THE FIRST FEW DAYS AFTER SHE MOVES IN			
To do:	Completed?	SmartCare Chapter (section)	Notes
Call her			
Visit as much as possible		4 (1)	
Ask your mother how things are going			
Introduce her to nursing home staff		2 (4)	
Discuss specific things about your mother with her CNA (use your list)		2 (4)	
Take her around the facility		2 (10)	
If you have legal authority, read the nurses' notes		4 (6)	
Check your mother for skin breakdown		4 (8)	
Meet with your mother and her doctor		5 (1)	
Keep the habit of writing what you see in your notebook			
Find out about facility's family council		13 (7)	
Schedule the first care plan conference		7 (1)	
Keep doing:			
Test the call buttons in her room, bathroom		2 (9)	
Make sure meal time goes properly		2 (12)	
Take her around the facility		2 (10)	
Go outside with her if she can		4 (11)	
Meet her roommate's and neighbors' family and exchange contact information		2 (11)	

YOUR MOTHER'S ROOM AND PROPERTY			
To do:	Completed?	SmartCare Chapter (section)	Notes
Make a list of all your mother's possessions in the nursing home: sign every item in and out every time (including laundry)		3 (4)	
Bring items from home: label and log in		3 (1), 3 (4)	
Take picture of the items in her room		3 (4)	
Make sure she has access to a phone		3 (2)	
Work out how to keep her possessions secure: preferably locked storage she can use		3 (4)	
Tell the nursing home if you are doing her laundry		3 (4)	
Report missing items immediately		3 (4)	
Extend her or your homeowner's insurance to cover her possessions in the nursing home		3 (4)	