

Questionnaire: Your Needs and Preferences

These questions can help you better understand your needs and preferences, and how they can be addressed by a prospective long-term care home.

What are your needs and preferences in respect to...	Questions to Ask
Walking? Dressing? Eating? Bathing? Toileting?	Can I decide when I: <ul style="list-style-type: none"> • Get up? • Go to sleep? • Eat breakfast, lunch, and dinner? • Shower or bathe? Are there snacks available 24/7 (and what are they)?
Cooking?	If there's a kitchenette, is it open 24/7? Can residents access appliances such as a refrigerator or microwave? If no kitchenette, what opportunities are there to prepare snacks or meals?
Doing laundry?	Is there a laundry for residents' use? Can I do my own laundry?
Having visitors?	Can I have visitors at many times of day?
Reading?	Can someone from the residence read to me? Can someone read to me in my language if it isn't English? Are large-print books available? Audiobooks?
Getting places?	What transportation is available from the residence? What options are there for individuals to schedule outings other than medical appointments, residence scheduled trips, or other group trips? What public transportation is available, and is it accessible? What's within safe walking distance for me? (Shopping? Park? Library? Bank?) Do residents have a curfew?

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	What are the procedures if I decide to stay overnight with a friend or go on trips overnight?
Maintaining involvement in your neighborhood and larger community?	What opportunities are there to continue my community activities, such as attending my place of worship, or clubs or organizations to which I belong?
Other community involvement?	What other opportunities are there to engage in community activities?
Regular supervision from a doctor or nurse because of a medical condition? Managing or taking your medications?	What opportunities are there to be involved and have a say in my medical treatment? Can I refuse medications, services or treatment?

Notes on Needs and Preferences:

source: Long-Term Care Community Coalition, nursinghome411.org