

# Things to Consider When Selecting a Skilled Care & Rehab Center

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Selecting the right skilled care facility is not something people usually plan for—it is often a decision made out of necessity, under pressure, and amid emotional hardship. Still, researching your options and making an informed decision can have a huge impact on your loved one's care and comfort. Whether you are looking for long-term care or short-term rehab, it's important to look at these key characteristics of each skilled care facility:



## Services

- Ask for a list of services available. Most nursing homes provide group activities, dining services, and fitness classes, but it's beneficial to know exactly the types of extra care provided.
- Make sure to ask about special dietary needs and nutrition information. Even if your loved one does not have a dietary restriction, it's important that the option is available for those who may need it.
- Explore other options for a continuum of care at the community. Does this location offer long term care, hospice, respite care, or memory care?
- Ask about the staff-to-resident ratio to make sure there are enough staff members to look after your loved one's needs.

## Staff

- Make sure community is being collaborative with you, not condescending, when developing a care plan.

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- Inquire about staff longevity at the facility. Is there high turnover? Employee satisfaction can be an important marker of quality.

## Online Reputation

- Look up their rating with the Centers for Medicare & Medicaid Services' (CMS) [Nursing Home Compare tool](#), which was developed to help consumers, their families, and caregivers easily compare nursing homes.
- Read reviews on the community's online listings, like Google and Facebook, to see what others are saying about the community.

Finding a nursing home that is right for you and your loved one is an important decision. At Covenant Living, we want to make sure your loved ones find the right place to call home. If you're interested in learning more about our skilled nursing care options, visit us online at [covliving.org](http://covliving.org) and schedule a tour with us.

Our Healthcare Navigators are here to support you find the best opportunity for senior living. Visit our healthcare page and click Navigator to learn more.