

10 Best Ways to Keep Your Loved One Safe At A Nursing Home

1. Visit regularly and as often as possible. Try to visit at different times of the day and on different days of the week and always check to be sure the residents call bell is within reach.
2. Attend all care plan meetings. Care plan meetings should be held shortly after admission, quarterly and any time there's a significant change in condition of your loved one. These meetings should include the interdisciplinary care team (nurses, nutritionist, therapists, social workers, etc) to determine the plan of care for a resident.
3. Know the federal and state resident rights for nursing home residents. These rights were enacted to protect nursing home residents.
4. Meet with the nursing home Administrator, Director of Nursing, and the physician overseeing your loved ones care in the nursing home. These are the individuals who are responsible for the care and services delivered at the nursing home.
5. Keep complete and accurate records. The more information you have the better prepared you are to assist in ensuring the best possible care for your loved one. [Care Journal for a Skilled Nursing Home Patient](#) can help.
6. Meet the staff of the nursing home. Learn their names and who is typically assigned to care for your loved one on each shift. Nurses and nursing aides have different duties and responsibilities and it is important to know who they are. Nursing homes are required to post the names of scheduled staff on duty in the nursing home.
7. Know what medications your loved one is taking and the purpose of each. Many nursing home residents are on many medications and any new medication may interact badly. Knowing the medications, their purpose and side-effects is very important.
8. Participate in the nursing home's family council (or help start one if need be). Sharing with other family members is an important aspect of understanding the problems at the nursing home and taking quick action to help get them solved.
9. If your loved one is healthy enough, encourage them to participate in the nursing home's resident council. Meeting with other residents empowers residents to become actively involved in decisions that affect their lives

and comfort at the nursing home.

10. Encourage family and friends to visit often and at varying times of the day and different days of the week. Keep a guest log, so visitors and friends can sign-in when they come for a visit.