

Care Conference Question Guide

For Families Facing Assisted Living Discharge

Bring this sheet to your care conference. Check off each question as it is answered. Write notes in the spaces provided. You have every right to ask these questions — and to receive clear, honest answers.

SECTION 1: Understanding the Discharge Decision

- 1. What specific behaviors or care needs are driving this discharge decision?
- 2. When did you first observe these issues? Were we notified at the time?
- 3. Has my mom been formally assessed recently? Can I see those assessment results?
- 4. What attempts have been made to manage or reduce these behaviors before recommending discharge?
- 5. Is this discharge required by your licensing rules, or is it a facility policy decision?
- 6. Are there any conditions under which she could remain here?
- 7. Who made this decision, and was her physician consulted?

MY NOTES FROM THIS MEETING:

SECTION 2: Her Current Care Needs

- 1. In your professional opinion, what level of care does my mom need right now — assisted living, memory care, or skilled nursing?
- 2. Has her condition changed significantly in recent months? In what ways?
- 3. What medical or behavioral needs are you unable to meet with your current staff and licensing?
- 4. Does she need a geriatric psychiatry evaluation? Can you help arrange a referral?

- 5. Are there any new medications or therapy approaches that might help stabilize her before she is moved?
- 6. How would you describe the progression of her condition over the past 6 to 12 months?

MY NOTES FROM THIS MEETING:

SECTION 3: The Discharge Process and Your Rights

- 1. What is the exact discharge date? Is there any flexibility on timing?
- 2. What does your written discharge notice include? Can I have a copy today?
- 3. What is our right to appeal this decision, and how do we do that?
- 4. Are you required to help us find an appropriate placement before she leaves?
- 5. Can she stay here temporarily while we search for the right placement, even if her rate changes?
- 6. What happens if we have not found a placement by the discharge date?
- 7. Under what circumstances would you be legally required to keep her?

MY NOTES FROM THIS MEETING:

SECTION 4: Finding the Right Next Placement

- 1. What type of facility do you recommend for her specific needs?
- 2. Can you provide a list of memory care or skilled nursing facilities in the area that you trust?
- 3. Will your social worker assist us in the placement search?

- 4. What information will you share with the receiving facility about her care needs and behaviors?
- 5. Are there any facilities you would specifically recommend for someone with her diagnosis?
- 6. Will you provide written documentation of her care plan, current medications, and behavioral history for the new facility?

MY NOTES FROM THIS MEETING:

SECTION 5: Day-to-Day Care Until She Leaves

- 1. How will her care change between now and the discharge date?
- 2. Will her regular caregivers remain assigned to her during this transition period?
- 3. How will you communicate with us if her condition changes or an incident occurs?
- 4. What should we tell her about what is happening? Do you have guidance on how to have that conversation?
- 5. Are there any safety concerns we should know about for our visits during this period?

MY NOTES FROM THIS MEETING:

Before you leave the meeting, confirm the following: You have received the written discharge notice. ■ You have a follow-up contact name and direct phone number. ■ You know the next steps the facility will take. ■ You have asked about the appeals process. ■