



Questions to ask at your loved one's care conference

At a long-term care conference for a loved one, focus on understanding their daily needs, care planning details, and the facility's approach to improving quality of life. Specifically, inquire about how their care is individualized, who is on the care team, and how the facility addresses areas for improvement, such as medication management or activity options.

Health and Medical Care

- What is my loved one's current medical condition, and have there been any recent changes?
- What medications are they taking, and what are they for? Any recent changes?
- Are there any upcoming medical appointments or specialist visits?
- How are pain and symptoms being monitored and managed?

Daily Care and Routine

- Can you walk me through their typical day?
- Are they eating and drinking well? Any concerns with nutrition or weight?
- How often are they being bathed or assisted with personal hygiene?
- How is mobility being supported or improved?

Emotional and Mental Well-being

- How is their mood? Are there signs of depression, anxiety, or isolation?
- What social or recreational activities are they participating in?
- Are there behavior changes we should be aware of? How are these being addressed?

Staff and Communication

- Who is the main point of contact for their daily care?
- How can we stay regularly updated on their well-being?
- How does the team handle family concerns or suggestions?

Care Planning and Future Outlook

- Are there any advance care plans or changes needed to care directives?
- What goals have been set for their care over the next few months?
- Is the current level of care still appropriate, or should we be preparing for transitions?

Resident Rights and Advocacy

- How is their autonomy and dignity being preserved?
- What systems are in place to prevent neglect or abuse?
- How are complaints or concerns from residents handled?



Questions to ask at your loved one's care conference

Family Involvement

- Are there ways we can be more involved in their care or activities?
- How do you support family caregivers?
- Can we join for meals or recreation on occasion?

Other optional:

About End-of-Life Care:

- What can be done to ensure a positive end-of-life care experience?
- What are the advantages and disadvantages of resuscitation?
- What spiritual or religious care is available?
- Is it feasible for your loved one to die at home, and what resources are available for that option?

For many families, learning what to expect at a care conference after a family member moves into long-term care is something that comes over time. They may have questions about how often a care conference should occur and how a care partner can best prepare ahead of time.

YOUTUBE LINK TO WEBINAR:

https://youtu.be/c_MYQTkqSIE?si=bFoQVppolPNiEAUz

Guest speakers: [Dr. Gloria Puurveen and Dr. Heather Cooke](#)

Contents of the Video:

00:00 – Introduction

09:03 – Identify the primary attendees at a care conference

21:31 – Determine some key questions to ask regarding your relative's needs and identify what documentation to prepare in advance

30:24 - Acquire tips for effective communication with the care team

Helpful links and resources:

Slides: <https://alzheimer.ca/bc/sites/bc/file...>