LONG-TERM CARE BASICS
TYPES OF LONG-TERM CARE

- Non-residential long-term care
  - Home care
  - Home health
  - Adult day programs

- Long-term care facilities
  - Assisted living
    - Adult care home
    - Family care home
    - Memory care
  - Skilled nursing facilities
  - Continuing Care Retirement Communities (CCRCs)
ASSISTED LIVING

- Group housing for two or more unrelated adults

- Services include meals, housekeeping, laundry, personal care, help with medications, and activities

- Adult care homes serve seven or more adults
- Family care homes serve two to six adults
- Memory care units for people with dementia
Also called **nursing homes**

Residents receive 24-hour supervision

Services include nursing care, three meals a day, assistance with personal care, housekeeping, and activities

Rehabilitation services include physical, occupational, and speech therapy
CONTINUING CARE RETIREMENT COMMUNITIES

- Referred to as **CCRCs**
- Sometimes called **life care communities**

- Typically offer independent housing (houses or apartments), assisted living, and skilled nursing care on one campus
- Healthcare services and recreation programs are also provided

- CCRCs generally charge a large entrance fee and then charge monthly fees