

LONG-TERM CARE BASICS

**Caregiver
Connections**

3/21/23

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**

SKILLED NURSING FACILITIES

- 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