

# Understanding Senior Living

## Independent Living

- ▶ Typically apartments
- ▶ Dining services and housekeeping
- ▶ Transportation and activities
- ▶ Usually pre-set monthly rent
- ▶ Home Care can be arranged by resident if needed

## Assisted Living

- ▶ 24-hour assistance
- ▶ Range of care

## CCRC - Continuing Care Retirement Communities

- ▶ Multiple living and care options, one location
- ▶ Fees and contracts

## Alzheimer's/ Memory Care

- ▶ Specialized memory-related care
- ▶ Secure environment

## Nursing Home/ Skilled Nursing Center

- ▶ 24-hour care
- ▶ Long-term and short-term

## Rehab & Recovery

- ▶ Skilled nursing care to treat, manage, observe and evaluate care. Examples include physical therapy, intravenous injections and wound care. Medicare requirements must be met in order to qualify.
- ▶ Med A Stay

## Respite/Day Services

- ▶ Short-term stay in Assisted Living or Skilled Nursing Center
- ▶ Day Services are for one day (4 to 8 hours)
- ▶ Respite typically is a 3-10 day stay

## Hospice

- ▶ Care for terminally ill individuals in a private home, nursing home, hospice