



# SENIOR LIVING & CARE OPTIONS

AN OVERVIEW OF LEVELS OF CARE

There are a number of senior care options available to consumers. We hope you will find this information helpful in learning more about the various levels of care and determining which is the right one for you or a loved one.

## INDEPENDENT LIVING

In independent senior living communities, no home health care services are provided by the sponsor. However, residents may be able to independently contract for these services as needed and at their own expense.

## SHORT-TERM REHABILITATION

Short-term rehabilitation, also known as transitional care, is designed for individuals requiring a short stay in a facility following an illness, accident or injury. The goal is to help patients regain independence, strength and capabilities to return to their homes. Services may include:

- Orthopedic rehabilitation, stroke and cardiac rehabilitation, IV therapy, and recovery from other medically related hospitalizations.
- Physical and/or occupational therapy

## ASSISTED LIVING

Assisted living communities generally provide daily assistance with medication management, dressing, bathing and personal care needs. Meals and housekeeping are also included.

## ENHANCED ASSISTED LIVING

Enhanced assisted living provides assisted living services as listed above, and may include the following (based on individualized care plans):

- Assistance with mobility and transfers
- Incontinence management
- Support for medical equipment such as catheter, colostomy, CPAP or oxygen.

## MEMORY CARE

In general, memory care programs and providers offer assisted living services plus some or all of the following for individuals in various stages of Alzheimer's disease and related conditions:

- Cueing, reminders and continuous supervision
- Secure living area to provide comfort and safety for residents
- A higher level of physical assistance

## 24-HOUR SKILLED NURSING CARE

At this level of care, the following services are provided:

- Physician services
- Registered dietitians
- Social work services
- Consulting services which may include speech therapy, dentistry, psychiatry and podiatry as needed
- Long-term care rehabilitative services including physical and occupational therapy
- Programs for socialization and engagement
- Personal care
- All meals
- Pharmacy services

## HOSPICE CARE

Individuals with a six-month or less prognosis may enroll in a formal hospice care program. These programs may include the following team members to provide support for the patient and his/her loved ones: hospice nurse, social worker, personal care aide, medical director, pastoral advisor, volunteers and bereavement coordinator. Hospice programs are offered in the community for people in their own homes, and may be provided in assisted living, memory care and 24-hour skilled nursing facilities as well.

## COMFORT CARE

Individuals with a three-month or less prognosis may enroll in a comfort care program. Comfort care is medical care that is focused on relieving symptoms and optimizing patient comfort, and does not seek to cure or aggressively treat illness or disease.

*This brochure is intended to provide general information about various types of care that are available to seniors in our community. Please consult with your physician or medical care provider to discuss your individual situation.*