

DIFFERENCES IN SR COMMUNITY TYPES

SERVICES	Retirement/Senior Living/ Independent Living	Assisted Living Facility (ALF)	Memory Care	Certified Family Home (CFH)	Skilled Nursing Facility (Nursing Home)
Level of Assistance Needed	Able to live independently, needs minimal assistance if any	Needs assistance with various levels of ADL's, may have memory issues	Has significantly impaired cognitive functioning	Needs assistance with various levels of ADL's, may have memory issues	Has critical illness or injury needing 24 hr nursing services
Meal preparation & service	Most do	Yes	Yes	Yes	Yes
Activities Director: entertainment, outings, exercise class, activities	Most do	Yes	Yes	Depends on the CFH	Rarely
Housekeeping	Most do light cleaning	Yes	Yes	Yes	Yes
Laundry	Most do linens & towels	Yes	Yes	Yes	Yes
Van/Bus transportation to medical appointments, activities, shopping	Yes	Yes	Limited to medical appointments	Depends on the CFH	Typically limited to medical appointments
Secure (locked) facility	No, except at night	No, except at night	Yes	No, except at night	Depends on the facility
Nursing coverage	No	Yes, time in facility may vary	Yes, time in facility may vary	No	Yes, 24-7
Nurse on Call 24-7	No	Yes	Yes	No	Onsite 24-7
Treat an illness or injury	No, may bring in outside help	Yes, limited	Yes, limited	Yes, limited	Yes
Administer medication	No, may bring in outside help	Yes, level of care*	Yes, level of care *	Yes, level of care*	Yes
Provide help with Activities of Daily Living (ADL's)	No, may bring in outside help	Yes, level of care *	Yes, levels of care *	Yes, level of care*	Yes
Respite Care	Some have a guest suite	Some do with space availability	Some do with space availability	Not usually	Yes

* See next page for levels of care

EXAMPLES OF LEVEL OF CARE

Many facilities use a point system to determine a resident required “level of care.” Each type of care has points assigned to each level of care. Cost change when the total points exceed those for each level.

Activity	Independent	Medium Assistance	Stand-by Assistance	Hands-On Assistance	Total Assistance
Response in an emergency	Can act independently	Can act independently	May need assistance	Needs assistance	Needs assistance and supervision
Walks independently and transfer on own	No assistance needed	Walks independently with or without walker	Needs stand-by assistance for transfer	Usually needs one-person assistance for walking or transfers	Needs mechanical lift or two-person assistance for transfer; may be bedfast
Falls	No falls	Infrequent falls	Fall risks mitigated		
Accomplish Activities of Daily Living (ADL's)	No assistance needed	May need verbal reminders for ADL's	Needs verbal cue reminders for ADL's	Needs verbal cue and hands-on assistance for ADL's	Needs complete hands-on assistance with ADL's
Medication management	No assistance needed	May needed reminders	Management helpful Reminders helpful	Dispense medication	Dispense medication
Bathing, dressing, grooming,	No assistance needed	Baths independently	Bathing set-up helpful	Bathing assistance needed	Bathing assistance needed
Toileting – bladder and bowel	No assistance needed	No assistance needed	Occasional assistance needed	Assistance needed	Assistance needed
Ability to plan and prepare meals and housekeeping	No assistance needed	Assistance helpful	Some assistance needed	Assistance needed	Verbal cues and hands-on assistance is needed to eat
Ability to independently plan social activities	No assistance needed	Minor encouragement is needed	Needs reminders and encouragement to participate in activities	Needs encouragement and escort to participate in activities	Needs encouragement & escort to participate in activities' “one-on-one” visits most effective
Memory impairment	No impairment	Oriented to self with little memory impairment	Sometimes disoriented mild memory impairment	Poor orientation and mild confusion – impaired memory	Needs 24-hour supervision or skilled services