

Senior Living Options

Independent Living Communities

Independent living communities serve seniors who are independent with few medical needs. Residents live in fully equipped private apartments. A variety of apartment sizes are available from studios to large two bedrooms. Fine dining services are offered with custom-designed meal packages. Often residents can choose to pay for a specified number of meals per day. There are usually numerous social outings and events to choose from for entertainment.

Assisted Living

Assisted living communities are designed for seniors who are no longer able to live on their own safely but do not require a high level of care to meet their everyday needs. Assistance with medications, daily living activities, meals and housekeeping are routinely provided. Residents live in private apartments that frequently have a limited kitchen area. Staff is available 24/7 for additional safety. Most assisted living communities provide licensed nursing services although the hours can vary greatly. Social activities and scheduled transportation are also available. A separate unit for Alzheimer's residents is available in some communities.

Nursing Homes

Nursing homes provide around-the-clock skilled nursing care for those who need a high level of medical care and assistance. Residents can share a room or have a private room and are served meals in a central dining area unless they are too ill to participate. Activities and entertainment are available. Most facilities have a separate locked unit for memory impaired residents who are at risk of wandering. Many nursing homes now provide short-term rehabilitation stays for those recovering from an injury, illness or surgery. This short recovery stay is usually covered under Medicare or private insurance.

Alzheimer's Care/Memory Care

Memory care requires 24/7 support and structured activities delivered by trained staff to ensure safety and quality of life. Memory care can be administered in an assisted living, nursing home or residential care home that provide a safe and secure environment. Because memory illness is a progressive disease, it is important to ask, "What will happen when my loved one becomes bed bound? Will they have to move, or can they age in place?"

Residential Care Home

Residential care homes are private homes that serve residents who live together and receive care from live-in caretakers. These homes offer assisted care services for seniors who want a more private, home-like community. Assistance with daily living activities are typically provided. Amenities and nursing services vary greatly between homes. If a home has more than three residents, it is required to be licensed by the state and follow the same state regulations that assisted livings have and the state will also do inspections.

Respite Care

Respite care provides a temporary break for caregivers by allowing residents to have short-term stays in communities that can meet their needs. Many assisted living communities, nursing homes and residential care homes have a respite care program. Residents typically stay from a week to a month and receive all the services of the community. Respite stays may also serve as a "get acquainted" period for a senior. Many residents find they enjoy their stay and decide to move in soon after the short-term visit. Respite programs are available for residents needing memory care as well.

In-Home Personal Care

Private home care allows people to remain in their own homes while receiving the assistance they need to remain independent. Typically, in-home personal care involves providing assistance with Activities of Daily Living (ADLs) such as bathing dressing, and meal preparation and Instrumental Activities of Daily Living (IADLs) such as transportations, making appointments, and simply being there for companionship and emotional support. Home care services range from once a week to 24/7 depending on the needs of the client.