## UNDERSTANDING THE CONTINUUM OF CARE

Three out of four people over age 65 will need some form of long term care services during their lifetime. For the best outcome, it's important to identify the most appropriate setting to serve the specific needs of each individual.

**Skilled Nursing Facility** 

For those in need of round-the-clock comprehensive nursing care for chronic illness or short term rehabilitation. Licensed nurse required on premises 24 hours a day.

**Subacute Care Facility** 

Often part of a skilled nursing facility to assist people with complex conditions, including tracheostomy care and patients on ventilators.

Institutes for Mental Health Designated as "special treatment programs" within skilled nursing centers, these facilities provide extended treatment to adults with chronic mental health issues and provide skills to help them re-integrate back into the community.

**Facility-based care** 

Continuing Care
Retirement Communities
(CCRCs)

Three levels of care and services that include independent living, assisted living and skilled nursing care on one campus. Require an entrance fee upon admission and monthly payment for services covering the lifetime of a resident.

**Assisted Living** 

Licensed as Residential Care Facilities for the Elderly (RCFE). For those unable to live alone but not in need of round the clock care. Large facilities that provide meals, personal assistance with daily activities and help with medication. Most have private apartments and fee structures based on need.

Both Facility and Community-based care

**Memory Care** 

For people with Alzheimer's, dementia and other cognitive conditions. Offered in board and care homes, in larger assisted living centers when there is a waiver and in some but not all skilled nursing centers depending on patient need.

Hospice

End of life care and family support for the terminally ill provided at home or in a facility setting.

**Home Health Care** 

Short term care in the home for chronic or acute illness, usually following a hospital stay or facility discharge when skilled nursing or therapy interventions are necessary.

Home and Community-based care

**Board and Care** 

Licensed as Residential Care Facilities for the Elderly (RCFE). Also known as assisted living facilities. They provide personal assistance, meals and help with medication for those unable to live alone but not in need of 24-hour nursing care. Generally small 4-6 bed homes in the community with shared rooms.

**Home Care** 

Privately funded, non-medical home support for household needs and personal assistance for elderly and people with physical disabilities to help them remain at home with additional support. Also publicly funded by Medi-Cal through the In Home Support Services program.

**Adult Day Health Care** 

Mostly in community centers, providing care, companionship and basic health-related services for older adults who would benefit from services or who may need supervision during the day.