UNDERSTANDING THE CONTINUUM OF CARE

Three out of four people over age 65 For those in need of round-the-clock comprehensive **Skilled Nursing** nursing care for chronic illness or short term rehabilitation. Licensed nurse required on premises will need some form of long term **Facility** care services during their lifetime. 24 hours a day. For the best outcome, it's important to identify the most appropriate setting to serve the specific needs of Often part of a skilled nursing facility to assist people with complex conditions, including tracheostomy care **Subacute Care Facility** each individual. and patients on ventilators. 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 **Institutes for Mental Health** re-integrate back into the community. **Facility-based care** Three levels of care and services that include **Continuing Care** independent living, assisted living and skilled nursing care on one campus. Require an entrance fee upon **Retirement Communities** admission and monthly payment for services covering the lifetime of a resident. (CCRCs) 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 Assisted Living meals, personal assistance with daily activities and help with medication. Most have private apartments and fee structures based on need. For people with Alzheimer's, dementia and other cognitive conditions. Offered in board and care homes, in larger assisted living centers when there is **Memory Care** a waiver and in some but not all skilled nursing centers depending on patient need. **Both Facility and** Community-based care End of life care and family support for the terminally **Hospice** ill provided at home or in a facility setting. Short term care in the home for chronic or acute illness, usually following a hospital stay or facility **Home Health Care** discharge when skilled nursing or therapy interventions are necessary. Licensed as Residential Care Facilities for the Elderly (RCFE). Also known as assisted living facilities. They provide personal assistance, meals and help with **Board and Care** 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 and **Community-based care** Privately funded, non-medical home support for household needs and personal assistance for elderly and people with physical disabilities to help them **Home Care** 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.