

TYPES OF LONG TERM CARE

and Where to Get Them

Being acquainted with the different types of long term care services is the first step in planning for it. Understanding each type is essential in knowing which service will be best suited for you.

1 HOME-BASED CARE

services are provided by paid or unpaid caregivers in a person's own home to help them live as independently as possible

Home Health Care



Offers part-time medical services ordered by a physician for a specific condition

12 MILLION

require home health care in the U.S.



69% of home health care recipients are women

Homemaker Services



Offers personal care and assistance at home, such as meal preparation and chores

Services may be provided for reasons of:

- illness
- disability
- absence of caregivers
- to prevent adult abuse/neglect



Focuses more on support services to help recipients maintain their home



2 COMMUNITY-BASED CARE

services provide recreational and social opportunities as well as personal care in a home-like environment

Assisted Living



Offers daily health care and assistance, housekeeping, and 24-hour supervision and part-time medical care for residents



More than half of residents are at least 85 years old and are mostly female

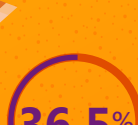


Median length of stay is 22 months

Adult Day Care



Offers health, social, and other services in a safe place during the daytime as their family caregivers go to work



36.5% of participants are 65 years old and below



Nearly half of all participants have some level of dementia



3 FACILITY-BASED CARE

provides 24-hour full-time assistance and medical care as needed

Nursing Homes



Offers health and personal care services to people who constantly need it, focusing more on medical care than other facilities



42.3% people in nursing homes are age 85 and above

2 YEARS the average length of time of admission



TYPES OF LONG TERM CARE

SERVICES	HOME HEALTH CARE	HOMEMAKER SERVICES	ASSISTED LIVING FACILITY	ADULT DAY CARE	NURSING HOME CARE
Assistance with Bathing	✓		✓	✓	✓
Assistance with Dressing	✓		✓	✓	✓
Assistance with Transferring	✓		✓	✓	✓
Assistance with Using the Toilet	✓		✓	✓	✓
Assistance with Eating	✓		✓	✓	✓
Assistance with Transportation	✓		✓	✓	✓
Assistance with Continence	✓		✓	✓	✓
Running for Errands		✓			
Companionship	✓	✓	✓	✓	✓
Housekeeping	✓	✓			
Household Tasks	✓	✓			
Meal Preparation	✓	✓	✓	✓	✓
Medication Reminders	✓		✓	✓	✓
Health Monitoring	✓		✓	✓	✓
Medically Licensed Caregiver	✓		✓	✓	✓
Medical Equipment and Facility					✓
Close Supervision				✓	✓
Full-time Supervision	✓		✓		✓
Social and Leisure Activities			✓	✓	✓
Permanent Residence			✓		✓
High Level of Independence	✓	✓	✓	✓	
Privacy	✓	✓	✓	✓	

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SOURCES:



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