

# 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. You must understand each type to know 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 prescribed by a physician for a specific condition

**12 MILLION**

individuals require health care in the US



90% of seniors shared their desire of remain in their own homes as long as possible

12 million individuals require health care in the US

#### Homemaker Services



offer 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



The typical assisted living facility resident is a mobile female around 87 years old

**7:1** ratio of women to men in assisted living communities

#### Adult Day Care



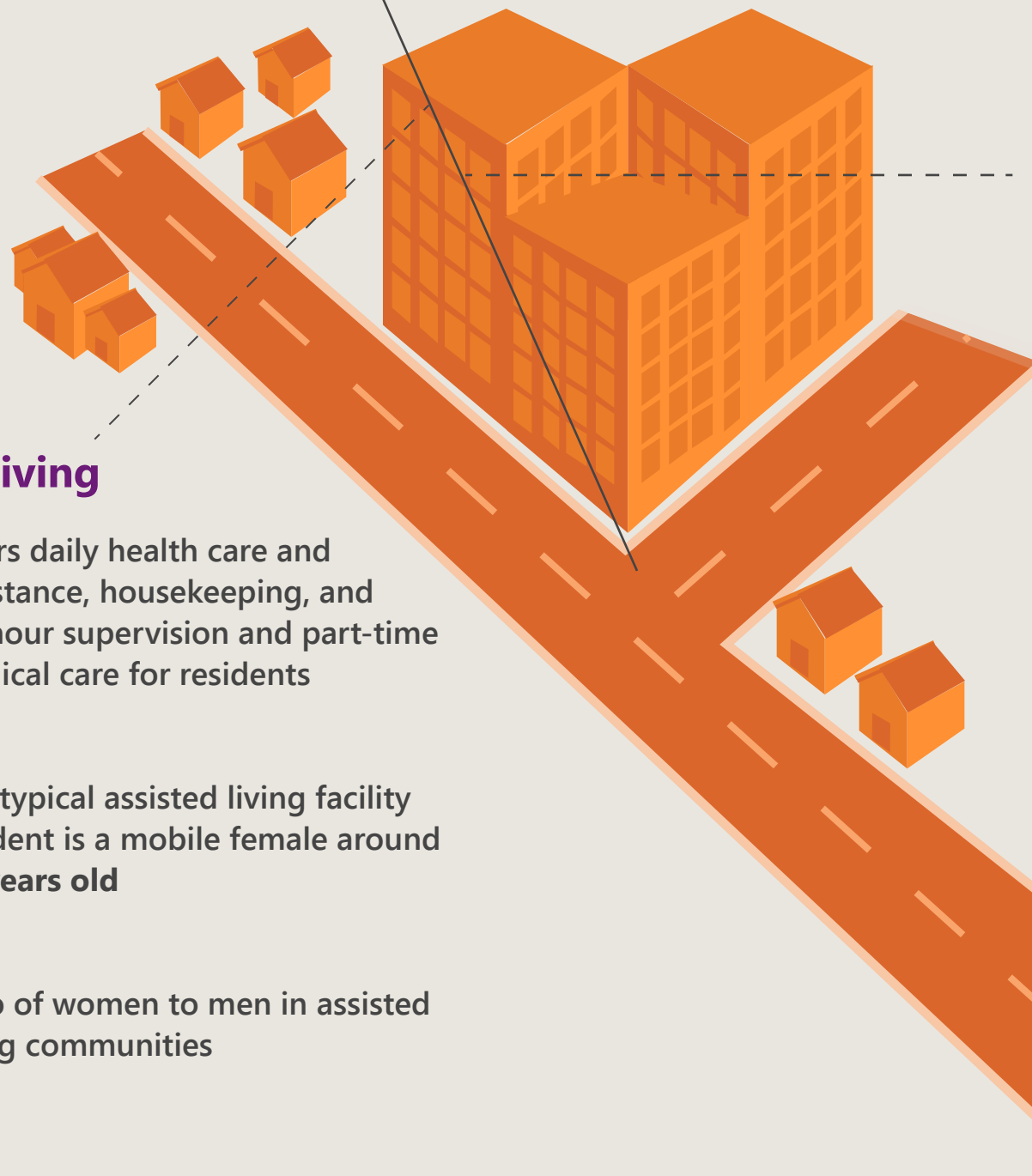
offers health, social, and other services in a safe place during the daytime as their family caregivers go to work

**36.4%** of participants are 65 years old and below

**29.9%** with Alzheimer's disease or other dementia

**25.5%** with Alzheimer's disease or other dementia

**29.7%** with diabetes



### 3 FACILITY-BASED CARE

services provide 24-hour full-time assistance and medical care as needed

#### Nursing Homes



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

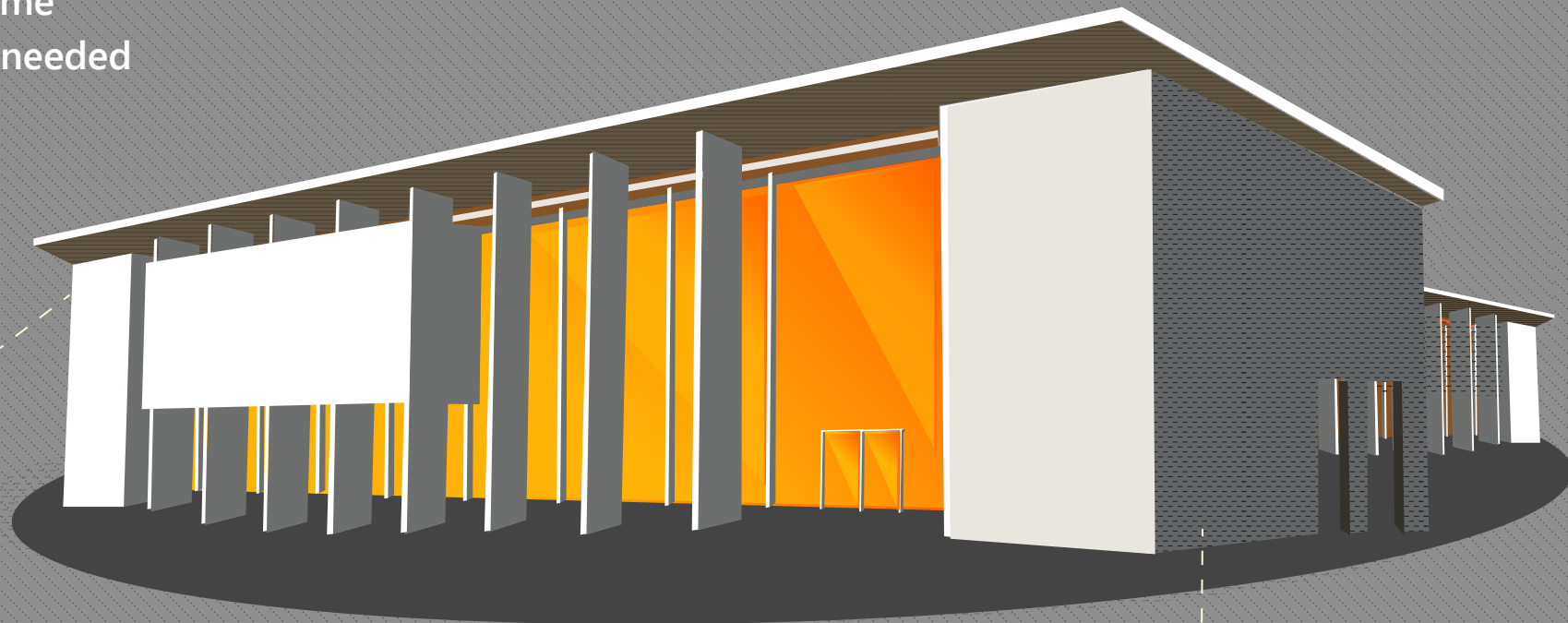


**41.6%**

people in nursing homes are 85 years old and above

**15,600**

nursing homes served almost 1.4 million residents on a typical day



## 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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