

# ALL for Seniors DEFINITIONS OF THE LEVELS OF CARE

## **Independent/Supportive Living:**

This type of care level is usually based on renting a room either privately and/or subsidized with the costs varying depending on the package chosen. Seniors are able to self direct their own care and make decisions on their own behalf. Units may have their own kitchens or there may be meal preparation or a central dining area for everyone. Other supportive services provided could be housekeeping, organized social activities, 24-hour emergency response, and assistance with external transportation needs such as shopping or appointments.

## **Assisted Living:**

This level of care differs from Independent/Supportive because of the extra assistance measures offered. Seniors must still be able to make their own decisions on their own behalf. Assistance offered could include medication supervision or administration by on-staff personal and daily living activities such as bathing, dressing, grooming, washing, oral hygiene, perineal care, incontinence care, eating, mobility and/or using the toilet.

## **Complex Care, Intermediate Care, Long Term Care, Extended Care, Residential Care:**

This level of care has many names but essentially it is a higher level of care than Assisted Living. These providers offer community-style housing, meals, laundry and cleaning services, and assistance with other personal needs. Seniors in these community care facilities require 24-hour supervision, personal nursing care and/or treatment by skilled nursing staff. Rents vary from facility to facility and sometimes they are subsidized.

## **Alzheimer/Dementia Care:**

This specialized level of care is offered to seniors with Alzheimer Disease or dementia that causes them to be unable to make decisions on their own behalf. These providers offer a safe, structured environment usually with activities or outings.

## **Campus of Care:**

These multi-level facilities allow seniors to move from assisted living to complex care in one facility as their needs increase. This type of care is wonderful for couples as they can stay in the same facility.

## **Palliative Care:**

This level of care is also called Hospice Care. It is provided for seniors that are in the later stages of an incurable illness. This type of care can provide basic medical care focussing on pain and symptom control in an environment that cares for body, mind and spirit. Medical supplies and equipment is provided as well as counselling and support services for the patient and family members.

## **Respite Care:**

Respite care, sometimes referred to as caregiver relief, gives the caregiver temporary relief from emotional and physical demands that arise from the homecare of a friend or family member. Some residential care facilities offer admittance on a short term basis.

## **Adult Day Care:**

Seniors can socialize with others of their age and obtain assistance with personal care needs. This may include taking medications, bathing and/or therapeutic recreation. Some facilities provide meals and transportation.

