

Long-Term Care

Types of care settings

IADLs and ADLs

Long-Term Care

Nursing homes



- Skilled nursing facilities
- Intermediate care facilities

Residential care facilities

- Board and care homes
- Assisted living facilities
- Group home
- Adult foster home

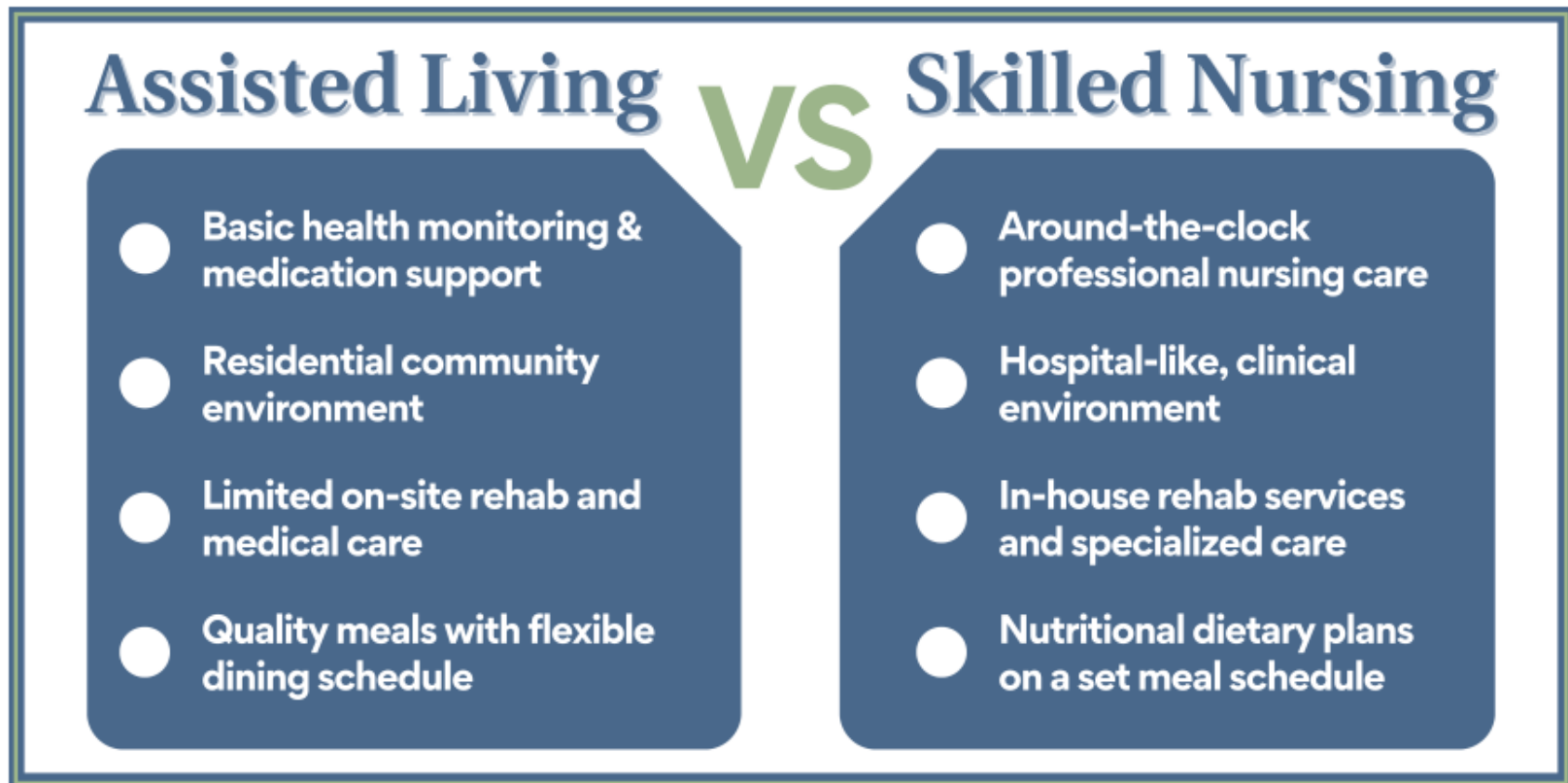
Long-Term Care

INDEPENDENT LIVING	VS.	ASSISTED LIVING
<ul style="list-style-type: none">• Community setting with services & amenities for active, independent seniors• Residents do not require personal assistance (but it is usually available on the same campus)		<ul style="list-style-type: none">• Community setting with services & amenities for seniors who need support with daily tasks• Residents require daily assistance with personal care & day-to-day tasks



<https://floridaseniorconsulting.com/assisted-living-vs-independent-living-choosing-what-is-best-for-you/>

Long-Term Care



<https://creativesolutionsinhealthcare.com/assisted-living-vs-skilled-nursing/>

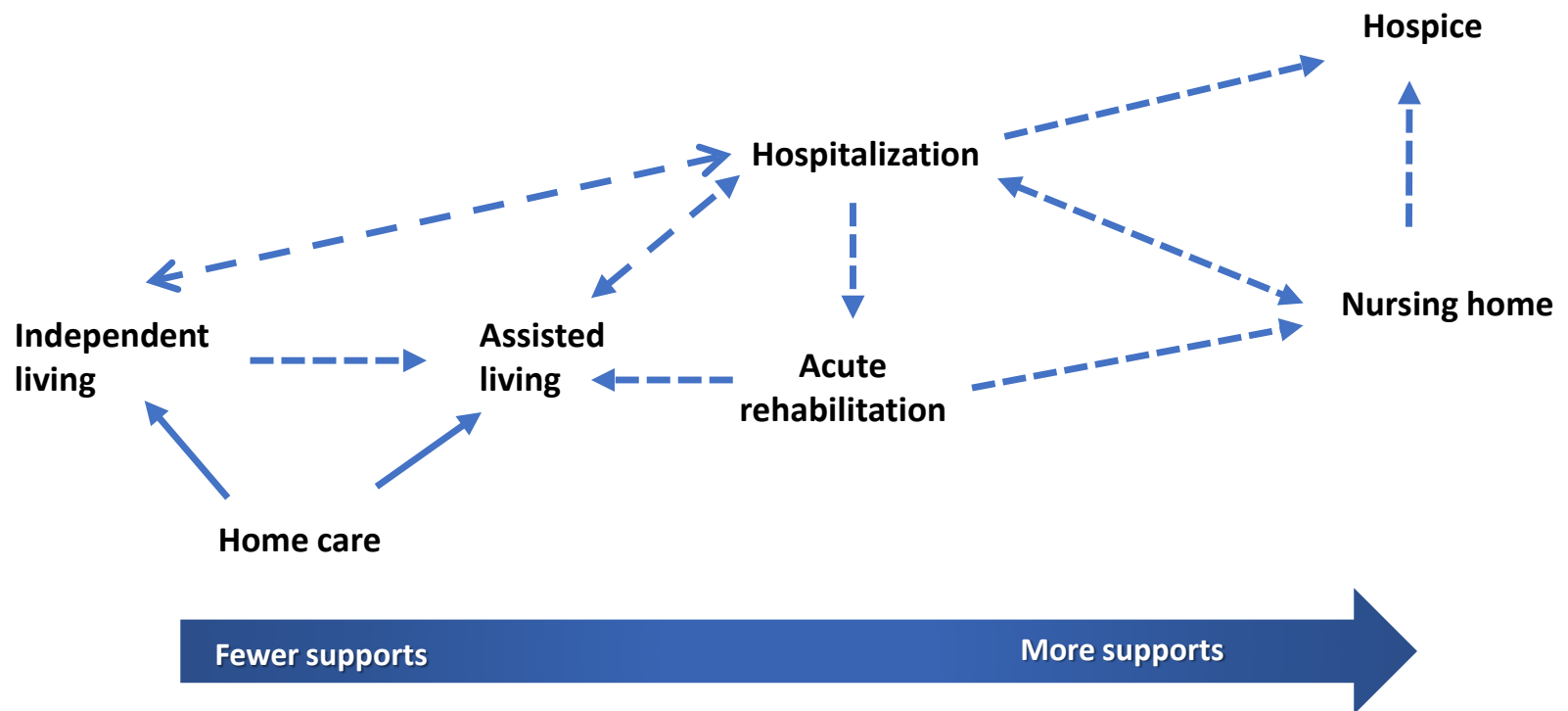
Long-Term Care

<i>Type of care</i>	<i>Staff training</i>	<i>Services</i>
Assisted Living Apartments with mini-kitchens. No stove or oven.	Nonmedical staff for most tasks. Some facilities have a nurse on call.	Dining hall for meals. Housekeeping, laundry, and van trips for errands and social activities. Help with bathing, dressing, toileting may be added.
Memory Care Rooms off a common hall or social area. Locked front door and fenced garden to prevent wandering.	Nonmedical staff for most tasks. Special training in calming techniques and communicating with persons with dementia.	Includes the services of assisted living, but with a much higher level of supervision (more staff caring for fewer residents). Less privacy. Special activities geared to the abilities of residents with memory problems.
Skilled Nursing or "Rehab" Much like a hospital with shared rooms. Lots of spaces for different therapy sessions.	Medically trained staff with an emphasis on stabilizing health and preparing residents to move to a less-medical environment.	24/7 access to nurses and doctors, as well as rehabilitation therapists: speech therapy, occupational therapy, physical therapy. Once stabilized from the hospital, the individual spends the day on exercises of one kind or another.
Nursing Home Like a rehab facility but more long term.	Medically trained staff with emphasis on maintaining abilities	24/7 access to nurses and doctors, with assistance available for eating, dressing and bathing. Less emphasis on therapy.
CCRC Large campus with many buildings.	Medically trained and nonmedical staff	All of the above plus many amenities (concierge, personal trainers....).

continuing care
retirement community
(CCRC)

<https://geriatricresourceservices.com/2020/01/types-of-long-term-care/>

Long-Term Care



Long-Term Care

Instrumental Activities of Daily Living

IADL	What it involves
Managing money	Making a budget and planning for expenses. Using bank accounts, credit cards and other financial resources. Paying bills.
Managing a household	Doing chores like dishes, laundry and cleaning. Take care of personal belongings, including appliances, furniture and cars. Knowing who to contact for repairs or maintenance.
Managing health	Communicating with healthcare providers and scheduling appointments. Getting prescriptions filled. Understanding medication instructions and taking medications as prescribed.
Preparing meals	Planning and making meals using kitchen supplies (pots, pans, stove, etc.). Cleaning up afterward.
Communicating with others	Using phones, computers and other communication devices to reach out to others and receive calls or messages.
Managing transportation	Driving, walking or using other forms of transportation (like buses) to travel from place to place.
Shopping	Making lists and selecting items (like food, clothing and household supplies) to buy. Choosing how to pay and completing transactions.

<https://my.clevelandclinic.org/health/articles/activities-of-daily-living-adls>

Long-Term Care

Activities of Daily Living

ADL	What it involves
Bathing	Using soap, water, towels and other supplies to wash, rinse and dry your skin. Standing, sitting or moving in ways that allow you to bathe every part of your body.
Personal hygiene and grooming	Cleaning your teeth, including dental orthotics and prosthetics. Washing, drying and styling your hair. Using supplies like cosmetics, deodorant, tweezers, scissors and nail clippers for grooming.
Toileting and continence	Moving to the toilet and getting into the proper position. Using supplies like toilet paper and menstrual products. Managing devices like a catheter or colostomy. Controlling when you pee (bladder function) and poop (bowel function).
Eating and feeding	Chewing and swallowing food so it can reach your stomach. Using utensils to bring food from the plate to your mouth.
Dressing	Getting clothes from closets or drawers and putting them onto your body in the right order. Using zippers, buttons, snaps and Velcro as needed. Putting on or removing prosthetic devices or splints.
Moving/transferring	Moving from one spot to another to complete your daily routine (for example, from your bed to the bathroom, or from your couch to the kitchen).

<https://my.clevelandclinic.org/health/articles/activities-of-daily-living-adls>