

# Alphabet Soup of Senior Living



## **AL, IL, CCRC, SLF**

Senior community choices can be a veritable alphabet soup of options. Understanding the difference in services and levels of care will help seniors and their loved ones make informed decisions.

## **Senior Apartments**

Senior Apartments are multifamily residential properties designed for persons ages 55 years and older. These properties generally do not provide meals to residents, but many offer community rooms, social activities and other amenities associated with apartment living, such as a pool, wellness center, and security/emergency response system.

## **Over 55 Communities**

Over 55 Communities may be a single family homes, town homes, or condominiums. They generally do not provide meals to residents, but many offer community rooms, social activities and other amenities associated with apartment living, such as a pool, wellness center, and security/emergency response system. They take care of all outside and common area maintenance.

## **Independent Living Communities**

Independent living (**IL**) communities are typically multifamily properties with 75 to 250 units in high or mid-rise buildings. Independent living communities provide seniors with the opportunity to enjoy a high quality of life in a professionally managed setting that offers basic hospitality services, such as meals, housekeeping, linen services, and social and recreational activities. Amenities in independent living communities may also include a library, fitness center, convenience store, a beautician/barber, 24-hour staff presence, scheduled transportation, and banking and postal services.

## **Assisted Living Residences**

Assisted Living (**AL**) residences provide seniors with the opportunity to enjoy a high quality of life while receiving supportive care from trained employees and prompt access to medical and emergency care in a residential setting. Assisted Living residents are unable to live independently and require assistance with activities of daily living (ADLs) (e.g., eating, ambulating, bathing, dressing, toileting), but do not require continuous, 24-hour medical care provided in nursing homes. Assisted Living residences provide a comprehensive range of services to residents, including meals and snacks, assistance with ADLs, medication management, 24-hour security and emergency response, transportation, and social activities.

## **Supportive Living Communities**

Illinois developed the Supportive Living Program (**SLF**) as an alternative to nursing home care for low-income older persons and persons with disabilities under Medicaid. The Department of Healthcare and Family Services has obtained a “waiver” to allow payment for services that are not routinely covered by Medicaid. These include personal care, homemaking, laundry, medication supervision, social activities, recreation and

### **Private Duty Home Care**

Companionship • Light Housekeeping  
Meal Preparation • Personal Care

### **Geriatric Care Management**

Comprehensive Care Planning • Medical Advocacy  
Liaison for Families at a Distance

**Partners in Senior Care, Inc.**

*Our mission is the quality delivery  
of care services to the senior population.*

**847-548-1330**

[www.partnersinseniorcare.com](http://www.partnersinseniorcare.com)

IDPH Home Service Agency License #3000139 • IDPH Home Nursing Agency License #4000114

# Alphabet Soup of Senior Living

24-hour staff to meet residents' scheduled and unscheduled needs. The resident is responsible for paying the cost of room and board at the facility.

## Continuing Care Retirement Communities

The goal of a continuing care retirement community (**CCRC**) is to accommodate changing lifestyle preferences and health care needs. The CCRC approach offers residents the psychological and financial security of knowing that, should they require increased levels of care, it is readily available at one location. In general, CCRCs make independent living, assisted living, and skilled nursing available all on one campus. Today's CCRCs are characterized by a host of payment options, including fee-for-service arrangements. Although in the past entrance fees were nonrefundable, most new CCRCs have instituted refundable, or partially refundable, entrance fees. Some CCRCs are offered as condominiums, cooperatives, or rental communities.

## Nursing Homes

Licensed daily rate or rental properties that are technically referred to as skilled nursing facilities (**SNF**) where the majority of individuals require 24-hour nursing and/or medical care. In most cases, these properties are licensed for Medicaid and/or Medicare reimbursement. The properties may include a minority of assisted living and/or Alzheimer's/dementia units.

## Considerations in making an informed choice

- ✓ Cost
- ✓ Proximity to friends & family
- ✓ Ability to meet changing care requirements

Will this be a second home or your final home?

Can I employ private duty care?

- ✓ What if financial resources change?
- ✓ Do you fit in with other residents?

Socially

Financially

Spiritually

Culturally

- ✓ Pets & children

*Seniors community definitions courtesy of American Senior Housing Association (ASHA)*

### Private Duty Home Care

Companionship • Light Housekeeping  
Meal Preparation • Personal Care

### Geriatric Care Management

Comprehensive Care Planning • Medical Advocacy  
Liaison for Families at a Distance

**Partners in Senior Care, Inc.**

*Our mission is the quality delivery  
of care services to the senior population.*

**847-548-1330**

[www.partnersinSeniorcare.com](http://www.partnersinSeniorcare.com)

IDPH Home Service Agency License #3000139 • IDPH Home Nursing Agency License #4000114