

CHOOSING THE RIGHT PLACE FOR YOUR LOVED ONE

A Quick Guide to Different Levels of Senior Care

INDEPENDENT LIVING

For those who don't need a lot of day-to-day help

- They can stay in their own home if they want
- Senior communities provide independence with low home maintenance



ASSISTED LIVING

For those who want help cooking, bathing, cleaning, and getting around

- Some have exercise and wellness programs, group meals and activities, and private caregiving
- 24/7 security and maintenance

CUSTODIAL NURSING HOME

For those who need help getting around and doing daily tasks

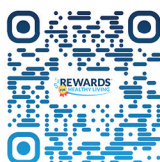
- Care ranges from limited supervision to 24-hour assistance
- Help managing medicines
- Meals and social activities



SKILLED NURSING FACILITY

For those who can't live alone or take care of themselves

- First 100 days are often subsidized by Medicare
- Medicaid may cover all or some of the cost
- Provides 24-hour registered nursing care



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