

## What's the Difference Between Assisted Living and Nursing Home care in California?

Assisted Living homes and communities and nursing homes, also known as a Skilled Nursing Facility (SNF) or Rehabilitation Facility, offer vastly different care for older adults. However, these terms are often used interchangeably and can become confusing. Below is a comparison between assisted living and SNFs when determining appropriate levels of care.

### Assisted Living Homes & Communities

- Provides assistance with Activities of Daily Living (ADLs), such as bathing, dressing and medication management
- Range in size from licensed 6-bed residential homes to larger communities
- Cannot provide medical services; can bring in physicians, nurses, Home Health or Hospice
- May have an on-site SNF for skilled nursing care
- Often have on-site physical and occupational therapists
- May offer specialized memory care for those with dementia
- Typically offer studio, one-bedroom and two-bedroom options with kitchenettes; rooms can be shared or private
- Governed by State of California Title 22 under DHHS; care violation history is compiled on licensed homes and communities
- Are considerably less expensive than privately paid long-term stay at SNF

### Nursing Homes & Skilled Nursing Facilities

- Provides skilled nursing care for high acuity patients and residents
- Provides short-term rehabilitation for those needing rehabilitative services i.e., physical, occupational and speech therapies
- Can be a stepping stone between hospital and home or assisted living; can be bypassed if physician deems patient can receive the same level of care at home or in assisted living
- Typically paid by private insurance and/or Medicare/Medicaid
- Generally have two or three patients per room
- Federally regulated; predominantly private-owned
- Substantially more expensive compared to assisted living homes and communities as a long-term living solution

When looking at assisted living alongside SNFs, be sure to consider your loved one's total care needs – physical, social, emotional, and spiritual. Work closely with a Certified Senior Advisor, who can address your questions, schedule tours of the options that best meet your needs and assist you in obtaining the best care in an appropriate environment.

**Call us today to discuss your needs**