

# FINDING THE RIGHT FIT: YOUR LONG-TERM CARE OPTIONS



**START HERE**

Is the person mostly independent, but interested in downsizing or having more community support?

**YES**

**Continuing Care Retirement Community (CCRC):**  
Housing with access to multiple care levels over time

**Senior Apartment/Retirement Community:**  
Independent Living with optional services or amenities

**NO**

Do they need help with daily activities like bathing, dressing, or meals - but not 24 hour nursing care?

**NO**

Do they live at home but need daytime structure or caregiver breaks

**NO**

Do they live at home and need medical care or rehab visits?

**NO**

Do they need full-time medical care, supervision, or rehab after an illness or injury?

**YES**

**Assisted Living:**  
Housing + Meals + Personal care in a social setting

**Adult Family Care Home:**  
Smaller, home-like setting with up to 5 residents; meals and personal care

**YES**

**Adult Day Care:**  
Supervised activities, meals, and social time during the day

**Respite Care:**  
Short-term care in a licensed facility to give caregivers a break

**YES**

**Home Health Care:**  
Nurses, aides, or therapists visit the home for recovery or chronic care

**Companion Services:**  
Help with errands, cooking, light cleaning, or just companionship (non-medical)

**YES**

**Nursing Home (Skilled Nursing Facility):**  
24/7 care for long-term residents or rehab patients; medical supervision

**Skilled Nursing Unit (Hospital-Based):**  
Short-term rehab after surgery or serious illness