

TYPES OF SENIOR HOUSING

Assisted Living - Larger facilities with apartments or rooms that provide meals, care and supervision to residents who need help with grooming, bathing, taking medications, and other activities of daily living (ADLs). The degree of care available depends upon the individual facility. In many cases, assisted living residents pay a regular monthly rent and then additional fees for the care and services they receive. Some facilities may accept SSI payment.

Board & Care - These are small to medium-sized group residence that offers private or shared rooms with meals and assistance with grooming, bathing, taking medications, and other activities of daily living (ADLs). Some facilities may accept SSI payment.

Congregate - Generally provide separate apartments with small kitchens, meal service in a group dining room, housekeeping service, transportation, and activities.

Dementia Care - These facilities provide specialized care and supervision for memory-impaired individuals. Residents are required to have a doctor's diagnosis of dementia or Alzheimer's disease.

Independent - Separate apartments without additional services such as meals and transportation.

Residential Care Facility (RCF) - A generic term for a group home, specialized apartment complex, or other institution that provides care services to residents. The term is used to refer to a range of residential care options including assisted living facilities, board and care homes, and skilled nursing facilities.

Retirement Communities - Offer spacious homes rather than apartment, often with a clubhouse and planned activities. There are two retirement communities in Contra Costa County:

- 1) Summerset of Brentwood 925-513-7913 1675 Crispin Drive, Brentwood
- 2) Rossmoor 925-988-7700 1001 Golden Rain Rd., Walnut Creek

Skilled Nursing Facility (SNF) - A nursing facility with the staff and equipment to provide skilled nursing care and rehabilitation services to the elderly, disabled, and individuals who have temporary or permanent health issues requiring around the clock care.