

The theme for this year's Assisted Living Week is "Homemade Happiness." This theme encompasses the connection that occurs in communities between the staff, residents, and families as they build warm, welcoming, and vibrant homes. Celebrating the passionate commitment of staff and friendships that form between residents, "Homemade Happiness" will be a time to recognize the efforts, small and large, of every individual in a community that turn a residence into home for countless assisted living residents.

Established by NCAL in 1995, National Assisted Living Week® provides a unique opportunity for residents, families, staff, volunteers, and the surrounding community to come together to share with our residents a variety of events and activities that show them how much we care for them.

## **Types of care available for senior citizens**

There are many different types of care available for senior citizens. Here is a brief description of the types of care available in the region:

### **In-Home Care**

As the name suggests, in-home care takes place at home. It may be care provided by loved ones, family, friends, neighbors or professional caregivers.

In-home care typically includes assistance with day-to-day tasks such as bathing, walking or cooking. If care needs are more extensive or medically intensive, in-home care may not be able to meet them.

Area hospitals, care agencies or therapists may offer training sessions to help caregivers learn how to provide quality care and avoid caregiver stress.

### **Assisted Living Care**

Assisted living care facilities, sometimes called "residential care centers," offer a home-like setting, plus varying levels of supervision and personal or medical care. Assisted living is appropriate for individuals who are no longer able to live alone, but who do not require extensive care.

Assisted living facilities vary greatly in how many residents can live there and can range from a private room or an apartment to a multi-unit facility. In general, they promote self-sufficiency and are designed to offer residents a high level of independence.

Service options, like accommodations, vary widely, especially from state to state. Care can include assistance with daily tasks, such as bathing, dressing or help with medications.

Facilities might offer social activities or meal, laundry or housekeeping services.

### **Skilled Nursing Care**

Nursing homes, professionally called Skilled Nursing Care centers, offer 24-hour staffing to provide comprehensive services to those requiring a greater level of care than that offered by assisted living facilities. All Skilled Nursing Care centers require the professional skills of a registered nurse (RN) or licensed practical nurse (LPN).

With 24-hour nursing care and many of the comforts of home, Skilled Nursing Care centers

balance quality care and quality of life.

These centers promote autonomy and choice, and offer a variety of services, social activities, and recreational opportunities. Residents are encouraged to continue social activities and personal interests.

Today's Skilled Nursing Care centers offer services ranging from short-term rehabilitative care to long term extended care. Services can be grouped into three general care categories: medical, nursing and rehabilitative, and personal.

### **Nursing and Rehabilitative Care**

Nursing services include assessment, treatments, injections, and administration of medications.

Rehabilitative care services might include post-hospital stroke, heart or orthopedic care, or various types of therapy, e.g. respiratory, physical, occupational or speech therapy.

### **Personal Care**

Personal care offers assistance with "activities of daily living." These daily tasks can include help getting out of bed, bathing, using the toilet, dressing, walking or eating.

Certified nursing assistants (CNAs) provide much of this care.

### **Rehabilitative Care**

Rehabilitative services assist patients recovering from illness, injury or disease. Rehabilitative treatments help patients regain abilities recently lost.

Services might include post-hospital stroke, heart or orthopedic care, or various types of therapy (e.g., physical, occupational or speech therapy).

Dietary consultation, laboratory, x-ray and pharmaceutical services may also be included in rehabilitative settings.

### **Dementia Care**

Dementia is the general term used to describe a set of symptoms that affect intellectual and social abilities, such as memory, problem solving and communication.

Alzheimer's is the most common form of dementia. Each person's symptoms and progression differ. Consequently, there are many treatments and care options available for people diagnosed with dementia.

### **Veterans Care**

The U.S. Department of Veterans Affairs (VA) offers support programs for veterans and their caregivers. The VA provides support and services for those who care for veterans, as well as short-stay and long-stay nursing home care. Learn more about Health Programs for Veterans.

### **Hospice Care**

Hospice care offers comfort and support to those nearing the end of life.

Hospice is a care philosophy focused on reducing suffering rather than curing a condition.

Hospice addresses physical, spiritual, social and emotional needs of dying individuals and loved ones. Hospice care can include pain medication, therapy or counseling.