



S.O.S.

SENIOR OUTREACH SERVICES

RESIDENTIAL OPTIONS

For some seniors (and younger adults with significant disabilities), continuing to remain at home is no longer a viable option. When the time comes to make a move, there are a number of alternative choices to consider.

- RCFE (Residential Care Facilities for the Elderly), also known as Board and Care homes, are licensed to serve residents who require assistance with activities of daily living but do not require medical treatment. They may be large (99 beds or more) or small (3-5 beds in a private home). They may supervise but not dispense medications.
- Assisted Living – often large facilities which do not currently have a licensure category. Most provide meals, housekeeping and activities, and fall into a wide range of settings and price ranges. Some facilities will offer a higher level of care (bathing, escort to meals, supervision of medication) for an additional fee. Some facilities charge a one-time entrance fee, while others do not.
- Skilled Nursing (also known as “Nursing Homes” or in some cases “Rehab”) provide medical treatment along with medical supervision. These settings are for individuals with medical conditions requiring extensive care. Such facilities are regulated by the State of California Department of Health Care Services.

Referral services: There are private referral services that can help you choose among housing options. These are usually free but may receive payment from the facility upon referral. The best choice is a service that is licensed and screens facilities themselves.

Financing: The level of care required may influence how care is financed. Board and Care and Assisted Living are generally paid for privately. A small number of beds are available through the California Assisted Living waiver for low-income individuals who have Medi-Cal.

Skilled Nursing: In some cases, government sources pay. If a person is placed for a short-term stay following a hospitalization, Medicare will cover a set period of time before the individual must be discharged. Individuals who have exhausted personal assets may also be eligible for payment by Medi-Cal.

For more information regarding what to ask when choosing a facility, please visit www.caring.com. Should you be ready to consider a residential option outside your home, your S.O.S. Care Manager can help you determine which level of care is right for you.

This information is brought to you by Jewish Family Service of Los Angeles, the community's leading agency in providing care for the elderly. To learn more call: **(323) 932-0316** or visit www.jfsla.org/sos.