

<b>Living/Housing Options</b>	<b>Services Provided</b>	<b>Housing Limitations</b>	<b>Payment Sources</b>
Skilled Nursing Care	Meals, daily skilled nursing care, physical, occupational, and speech therapy if needed to meet a specific goal, medications, transportation, dietary counseling	none	Medicare, Medicaid, VA, private health insurance, self-pay
Transitional Care/ Rehab Facility	Physical, occupational, speech therapy, meals, nursing care – they provide short term help to assist the client in transitioning home.	This can only be used for short-term stays.	Medicare A and private insurance
Memory Care	Meals, bathing, dressing, transportation, extra security, medication management	none	Self-pay, private insurance, Medicare, Medicaid
Assisted Living	Have own living space, Meals, medication monitoring, dressing and bathing, housekeeping and laundry, social and recreational activities, some medical services	No extensive medical care	Veteran's benefits, life insurance, self-pay, some personal insurance, Medicaid
Home Care/ In-home services	Services vary based on the client's needs. Medical services, physical assistance, hygiene, wellness, respite care, transportation, skilled nursing	This is not full time care so if there is an emergency this is not beneficial.	Private pay, private insurance
Adult Day Care	Socialization and planned activities, a meal and snacks provided, fitness and physical activity	Meant for short periods of time during the day, do not offer medical care	Sliding scale payment, medicaid, VA, private pay
Senior Apartment/ Retirement Community	Health services, meals, personal care, housekeeping, transportation, emergency help, social and educational activities	This does not provide extensive medical help and 24 hour assistance.	Self-pay, social security, pensions

Three considerations elderly people need to consider before making housing choices.

1. Elderly people need to consider how much help they need with medical conditions and ADLs.
2. They also need to consider the financial aspect of the living facility.
3. The elderly also must consider what kind of amenities they require.

The websites that provide housing information that senior citizens can use and why.

1. <https://www.helpguide.org/articles/alzheimers-dementia-aging/senior-housing.htm> - this website lists many options and gives examples of what to expect.
2. <https://www.consumeraffairs.com/health/senior-living-options.html> This website has an easy to read layout with good information on several living options and what services are typically available.
3. <https://www.aplaceformom.com/planning-and-advice/senior-housing-101> This website also has an accessible website that gives information not only on the differences on senior living options about also payment information and how to plan for the financial aspect.