

## Communities for Older Adults

For some older adults, continuing to live in the home they have occupied for many years is not ideal. Perhaps the upkeep is too much or the multi levels do not fit their physical capabilities. Whatever the reason, there are many choices to consider before making a move.

A move can be as simple as moving from one kind of house to another in the same community. Similarly, a move to a condo or apartment may take care of the worry about outside upkeep. However, if you are going to make a move, there may be other things to consider.

Does the area you are thinking of moving to have community activities for older adults. What are the public transportation options? Are shopping, doctors, family and friends located nearby? Finally, if you want to make a change, there are some other types of communities you may want to know about.

**Retirement Communities** offer a planned range of housing, services and care options to individuals who are still able to live independently.

**Independent Housing with Services** provide residents in private apartments with varying levels of services ranging from group meals, housekeeping and laundry and chore services, minimal personal care, emergency response systems, transportation and care management. Services are designed to meet regularly scheduled needs.

**Assisted Living Facilities** are residences that provide individual apartments, and emphasize privacy, independence and personal choice. Services generally include 2 – 3 meals a day, assistance with medications, personal care, housekeeping, organized activities, supervision and limited nursing care.

**Continuing Care Retirement Communities** offer a variety of living arrangements for residents in the same building or on the same campus. These communities usually accept people while they are still independent and then provide an expanding range of services and assistance as the individual's needs become greater. Services generally include full dining accommodations, educational, recreational and social activities, transportation and housekeeping. Assistance with personal care, medical and nursing care are also available. Residents usually pay an entrance fee as well as a varying monthly charge in return for the use of facilities and the amount of services and assistance they use.

**Residential Care Facilities** are licensed by the state of Maine to provide the entire array of assisted living services to individuals in private and semi-private rooms, generally with shared common areas.

**Nursing Facilities** (sometimes known as nursing homes) are long-term care facilities that provide 24-hour supervised nursing care, personal care, therapy, nutrition management, organized activities and social services for people who do not require hospital care but who may need frequent nursing care and rehabilitative services and are dependent on others to do daily activities.

*In order to assure that people are placed in an environment appropriate for their needs, anyone entering a Nursing Facility in the State of Maine is required to have a long-term care assessment completed. This assessment is free and performed by Goold Health Systems, Inc. at 1-800-609-7893*

**For more information about any of these living options,  
or to discuss your specific questions contact a SMAA  
Resource or Family Caregiver Specialist at 1-800-427-7411.**