

Definition of Older Adult Housing Options

- **Assisted Living:** A managed residential facility that provides room, board, supervision, activities and some assistance with activities of daily living.
- **Board and Care:** Independent rental living for those in need of daytime assistance with non-medical personal care. Also called foster homes, shared housing, community residential facilities and congregate housing.
- **Continuing Care Retirement Communities:** Privately owned and operated retirement living with a variety of housing alternatives in one location ranging from cottages, to individual apartments, to a skilled nursing facility.
- **Congregate Housing:** Individual apartments in a multi-unit rental housing unit for older people and the disabled. Shared common areas. Supportive services may include meals, housekeeping, transportation and recreation.
- **Housing Sharing:** Two or more unrelated people living together, sharing tasks and expenses. Organized programs are referred to by various names and include screening, matching and monitoring.
- **Long-Term Care Facilities:** A range of institutions that provide various levels of care to people who are unable to care for themselves and who may have minimal to very serious health problems.
- **Nursing Home Care:** For people who are chronically ill or recovering from a brief illness but do not need hospital care. Homes can be licensed for intermediate or skilled care, and can be for short or long term. There are two main levels of licensure for a nursing home:
 - **Intermediate Nursing Care:** Less intensive than skilled nursing care, but still providing 24-hour nursing care, with focus on personal care and social work.
 - **Skilled Nursing Facility:** Medical nursing care provided 24 hours a day by RNs, LPNs and nurses' aides as prescribed by a physician.