

SENIOR INFORMATION & ASSISTANCE

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Housing and Long-Term Care Terminology

Retirement Communities

Sometimes referred to as *retirement homes* or *senior living communities*

These are private apartment or bungalow-type units rented to seniors. Some offer meals and/or other services but residents are typically capable of independent living. Private payment only; no assistance available.

Subsidized Housing

Sometimes referred to as *HUD housing* or *Section 8*

There are a variety of subsidized rent programs for people who are disabled or elderly, including Section 8, public housing, and tax credit buildings. Eligibility is determined by income. For a list of subsidized apartments, contact Senior Information & Assistance at the phone numbers above.

Adult Family Homes (AFH)

Sometimes referred to as *boarding homes*

These are usually private homes which are licensed by the state to provide supervised care to as many as six residents in a home-like setting. Staff assist residents with activities of daily living and three meals a day. Adult family homes vary in the level of care provided. Most accept private pay or Medicaid. A list of licensed homes is available at <http://www.aasa.dshs.wa.gov/Lookup/AFHRequestv3.asp> or you can call Senior Information & Assistance at the phone numbers above to request to have the list mailed to you.

Boarding Homes

Licensing covers facilities with seven or more residents and which provide assistance with daily living activities

The licensing for boarding homes covers a spectrum of facilities all with seven or more residents. Facilities licensed as boarding homes vary in that they may offer independent housing, congregate care or memory care. A "boarding home" maybe be an apartment complex where staff offer assistance with daily living activities (often called *assisted living facilities*) or a residential home with more than seven residents. Licensed facilities may also offer memory care. These types of facilities accept private payment, long-term care insurance, or state assistance (Medicaid) based upon availability. A list of licensed homes is available at <http://www.aasa.dshs.wa.gov/Lookup/BHRequestv3.asp> or you can call Senior Information & Assistance at the phone numbers above to request to have the list mailed to you.

Skilled Nursing Facility (SNF)

Previously referred to as *nursing homes*

A skilled nursing facility is for people who need medical assistance and who have a physician referral. These types of facilities accept private payment, long-term care insurance, or state assistance (Medicaid) based upon availability. Because of the high cost of nursing care, many people find that they are eligible for state assistance (Medicaid) to help pay nursing home costs.

Memory Care

Sometimes referred to as *specialized care*

People who have Alzheimer's disease or other dementias need specialized care in a secured facility. Facilities providing memory care vary in the services they provide. Some include secured areas in assisted living buildings or locked units in skilled nursing facilities. In some instances, entire facilities are dedicated only to specialized care. For a list of facilities providing memory care, contact Senior Information & Assistance at the numbers listed above.