



*formerly Life Services Network*

## **Active Adult Communities**

Fee simple real estate ownership of a single-family home, townhome, cluster home, mobile home or condominium. These are age-restricted (ages 55 and over) and residents are independent with no meal program or supportive services. The homeowners association shares amenities and limited group activities.

## **Assisted Living**

Private pay homes that provide assisted living to three or more residents over the age of 55 in Illinois are called Assisted Living Establishments and they are licensed and regulated by the Illinois Department of Public Health (IDPH). An Assisted Living Community can offer three meals per day, housekeeping, transportation, personal laundry and linen services, 24-hour security, emergency response systems, and assistance with activities of daily living such as dressing, toileting, escorts to and from meals and activities, etc. Residents can manage their own medications or the community could assist with oversight of medication management. [Click to view the Assisted Living Residency Requirements for Illinois.](#)

Before being able to reside in an assisted living establishment, a physician must complete an assessment. This comprehensive assessment documents the cognitive, physical and psychosocial condition of the person to make sure they meet residency requirements. Residents may utilize the services of a home care agency for therapy and nursing services, and a hospice agency for end-of-life stages only if the community and family can meet the needs of the individual during that time.

## **Memory Care**

These secured apartments are under an Assisted Living license with the Illinois Department of Public Health (IDPH). Serves persons with Alzheimer's and other dementia-related illnesses. Staff are specially trained and programs and design are specially tailored towards the persons residing in the communities.

## **Continuing Care Retirement Community (CCRC)**

### ***Also Known as Life Care Communities***

These communities include independent living residences, assisted living and a skilled nursing center all located on the same campus. The skilled nursing center and assisted living community are regulated by the Illinois Department of Public Health (IDPH). A legal contract entered into by the residents and community specifies the services provided (housing, supportive services, healthcare and nursing care). Life Care entrance fees range depending on the community and living situation.

## **Home & Community Based Services**

### **Adult Day Services**

Designed especially for older adults who want to be in the community, but cannot be home alone during the day due to physical, social or mental impairments. The State of Illinois does not require licensing or certification of adult day programming. At an adult day center, older adults receive services such as health monitoring, medication supervision, personal care, recreational and therapeutic activities. Nutritious lunches and snacks can also be served and special diets can be accommodated. Adult day services can be scheduled, on a daily, weekly or part-time basis. Most centers operate Monday through Friday. There are adult day centers that specialize in providing care to older adults diagnosed with Alzheimer's disease and related disorders.

### **Community Outreach Programs**

Practical, problem-solving programs that address basic supportive needs of older adults living in the community. Examples of community outreach are adult day care, transportation, companionship, escort, shopping services and lawn maintenance. Without a collage of these services, many older adults would likely not remain living in their own homes.

### **Geriatric Care Managers (GCM)**

Social workers, nurses or counselors who conduct care-planning assessments to identify problems as well as screen, arrange and monitor a host of other services such as money management, meals, transportation, counseling, etc. GCMs often act as a liaison to caregivers at a distance, supervising the older adult's care and alerting families to problems that occur.

### **Home Health**

#### ***Also Known As Licensed Skilled Care Services***

These agencies are regulated by the Illinois Department of Public Health (IDPH) and provide medical services in the home from registered nurses, home health aides, physical therapists, occupational therapists, speech therapists and social workers. Home health aides provide hands-on personal care such as bathing, dressing and transferring. Skilled services are provided by a nurse or therapist in

a limited duration following a hospital stay or illness. A physician directs these services, which are often provided in a short term as a result of an injury, disease or recovery from an illness. Medicare may pay for these services and they are covered by most major health plans. Persons can also private pay for care and services.

### **Home Services**

#### ***Also Known As Personal Care/Homemaker/Support Services***

Regulated by the Illinois Department of Public Health (IDPH), these agencies offer in-home aides to provide non-medical personal care assistance such as companionship, meal preparation, grocery shopping, light housekeeping and laundry. The aides/caregivers can also offer assistance with bathing, dressing, walking and medication reminders. There are temporary and long-term periods of this service. Care and services are supervised by a Registered Nurse (RN). Agencies charge by the hour and can accept private insurance. If a client meets eligibility standards, Medicaid can cover these services.

### **Hospice**

#### ***Also Known as End-of-Life Care***

Care and services provided to persons whose illnesses are not curable and life expectancy is limited. These services typically are provided for a period of six months or less in a hospice facility, hospital, home or nursing home. The goal of hospice is not to cure the illness, but rather to comfort the person and the family and assist with coping. Hospice emphasizes comfort measures and the preservation of personal dignity. Persons on hospice receive expert medical care, pain management and emotional and spiritual support expressly tailored to a person's needs and wishes. In a team-oriented approach, persons are cared for by physicians, registered nurses, certified nursing assistants, home health aides, social workers, dietitians, chaplains, physical and occupational therapists, counselors and trained volunteers. There is a Medicare Hospice Benefit.

### **Palliative Care**

Extends the principles of hospice care to a broader population that can also benefit from receiving this type of care earlier in an illness. Palliative care usually progresses into hospice care as the illness advances. Unlike Hospice Care, Palliative Care is not reserved for those who are strictly dying. Palliative Care allows individuals diagnosed with a serious illness, including those who anticipate a full recovery, to receive the appropriate treatment that brings him/her comfort, pain management and the best possible care. It can be combined with curative care or with less aggressive care. There is currently no Medicare benefit for Palliative Care.

It is provided by a team of doctors, nurses and other disciplines who work alongside the individual, family and the patient's attending physician to provide an extra level of support to enhance quality of life through anticipation, prevention, and relief of suffering.

### **Private Duty Home Care**

These agencies are regulated by the Illinois Department of Public Health (IDPH) and can be licensed as either Home Nursing and/or Home Services Agencies. They provide private pay personal care and support services. Some agencies also offer nursing services as well.

### **Relocation Services**

Assists in relocating older adults from one kind of living environment to another. Though most older adult relocation services can manage the entire coordination of the move and find solutions for specialized moving situations (such as relocating an individual with dementia), some providers will even personally escort the older adult from one living situation to another.

### **Nursing Home**

**Also Known As:**

***Long Term Care Facility***

***Nursing Facility***

***Nursing Center***

***Convalescent Home***

Regulated, licensed and inspected at least annually by the Illinois Department of Public Health (IDPH), nursing centers provide care for persons who require 24-hour nursing care. Physicians supervise the care of residents. Payment for nursing home care and services depends on the type of care needed. Medicaid is a payment option for persons with low assets and low income. Medicare provides payment coverage for short term rehabilitation and recovery, provided the individual meets qualifying criteria and demonstrates an ongoing need for skilled services. Long term care insurance and private pay are also accepted.

### **Specialized Nursing Home Care**

#### **Skilled Nursing Care**

Nursing and rehabilitative care is often the option for persons needing to recover from time in the hospital or to treat an acute condition. It is prescribed by a physician and delivered daily by nurses, therapists and other medical personnel. Requires a skilled nursing care license.

### **Intermediate Care**

For persons that are recovering from acute conditions and do not require 24-hour care or therapy services. Supervised by a physician, care is provided by skilled staff such as registered nurses (RN), licensed practical nurses (LPN) and therapy professionals. This type of care is not covered by Medicare Part A. If the person is eligible, Medicaid does cover this care. Prospects can check with the nursing home to see if it will accept Medicaid. Requires an intermediate care services license.

### **Dementia/ Special Care:**

In order for a licensed nursing home to have these units, they must meet specific criteria. Nursing homes that are not certified and do not meet the criteria can still provide this care. However, they cannot advertise themselves as providing this type of care to residents.

### **Sheltered Care:**

These settings are licensed by the Illinois Department of Public Health under the Nursing Home Care Act. It is residential living that provides maintenance and personal care only.

## **Senior Housing**

***Also Known As:***

***Congregate Housing***

***Independent Living***

***Senior Apartments***

Multi-unit rental apartments that are age restricted to older adults. Residents are able to care for themselves.

Market rate housing has no income limits or special requirements for entry. Rent can vary depending on location, but is based on current market prices.

For low-income, senior housing is financed, insured and subsidized by the full range of U.S. Department of Housing and Urban Development (HUD) and Rural Housing Service programs. Does not provide dining options, but has community rooms and limited social activities. Third parties can offer a-la-carte services.

## **Senior Center**

Designated as community focal points through the Older Americans Act, a senior center is a place where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the center and the community.

## **Supportive Living**

***Also known as Affordable Assisted Living***

Supportive Living is provided by a federal Medicaid waiver to the Illinois Department of Healthcare and Family Services (HFS) allowing payment for services in this setting. The program is for persons with disabilities and older adults, including those of low income, to live in assisted living. Supportive Living Facility is a residential setting that provides or coordinates flexible personal care

services, supervision and assistance (scheduled and unscheduled), activities, and health-related services with a service program and physical environment designed to minimize the need for residents to move within or from the setting to accommodate changing needs and preferences; has an organizational mission, service programs and a physical environment designed to maximize residents' dignity, autonomy, privacy and independence, and encourages family and community involvement.

## **Villages**

A grassroots membership organization of older adults, who have a common goal to age in place. They have an active Board, Village members, expert staff, a great variety of service providers, enthusiastic volunteers, and strategic partners. They are self-supporting non-profit 501(c)(3) organizations, funded by membership fees and donations.