



The Different Types of Senior Care Defined

Are you wondering what the different types of senior care are and how they differ from one another? Here at Concordia, we understand the many types of senior care can be confusing, but we also know that each type of senior care is vital as it serves its own unique purpose to those with specific needs.

To help explain the different types of senior care, this guide briefly outlines what each type of senior care is and who might benefit from it. Please note that, while this guide can be a helpful resource, it's always recommended to consult with your family and health care professional.

Retirement Living or Independent Living

SOMEONE MIGHT BENEFIT FROM THIS TYPE OF CARE IF:

- They want less or no home maintenance and repair.
- They can still perform their day-to-day activities.
- They want more opportunities for social connections.
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This type of living situation offers a worry-free lifestyle for seniors who can still perform their day-to-day activities but want less home maintenance. There is little “care” provided in retirement living; it is more like an apartment community with amenities and services nearby. Not only does this type of living offer less stress and upkeep, it also allows the resident to enhance their independence and keep many of the conveniences of home – like having a full kitchen, washer and dryer in the apartment or on the same floor, balconies/patios and more. This option usually offers amenities like routine maintenance, scheduled transportation, daily events/activities and concierge services.



In-Home Care (Private Duty Home Care)

This type of care is well-suited for someone who can safely live at home, but needs assistance with day-to-day activities such as showering, preparing meals and dispensing medicine. In-Home Care allows the patient to stay in the comfort of his or her own home while still getting help with the daily activities that are becoming difficult for them to do themselves. Insurance does not typically cover this type of care.

SOMEONE MIGHT BENEFIT FROM THIS TYPE OF CARE IF:

- They need assistance with daily activities such as cleaning, transportation, preparing and cooking meals, and personal hygiene.
- They do not want to leave their home.
- They want companionship.

In-Home Health Care

This type of care is carried out in the patient's home in accordance with a physician's orders, and could include a variety of medical professionals, depending on the patient's diagnosis. Care may involve skilled nursing, physical, occupational or speech therapy, telehealth, disease management and more. Home health care is typically paid for by insurance.

SOMEONE MIGHT BENEFIT FROM THIS TYPE OF CARE IF:

- They need care based on a specific diagnosis.
- They need assistance with daily activities.
- They do not want to leave their home.



Personal Care or Assisted Living

SOMEONE MIGHT BENEFIT FROM THIS TYPE OF CARE IF:

- They need assistance with daily activities such as cleaning, transportation, preparing and cooking meals and personal hygiene.
- The care they receive from family is unable to meet their medical or comfort needs.
- They want the option of having on-demand care, as needed.

Personal care/assisted living is residential inpatient care where residents receive professional assistance with activities of daily living, such as bathing and personal hygiene, mobility assistance, wound care, preparation of special nutritional meals or diets, housekeeping, activities, laundry, spiritual care and more. On top of the assistance provided with daily activities, this type of care usually provides apartment style living and organized social interaction. There are typically nurses and a medical director on staff, but most of the assistance is non-medical and carried out by aides. Certain states have slightly differing regulations for personal care vs. assisted living, but the premise of both is similar. Insurance does not typically cover this type of care.

Long Term Nursing Care

This type of residential care provides around-the-clock medical care with a customized program tailored to the patient's needs. Individuals in long-term nursing care typically require a higher level of care from various professionals such as a medical director, nurses, therapists, social workers, dietitians and many more. Insurance may pay for part of long-term nursing care.

SOMEONE MIGHT BENEFIT FROM THIS TYPE OF CARE IF:

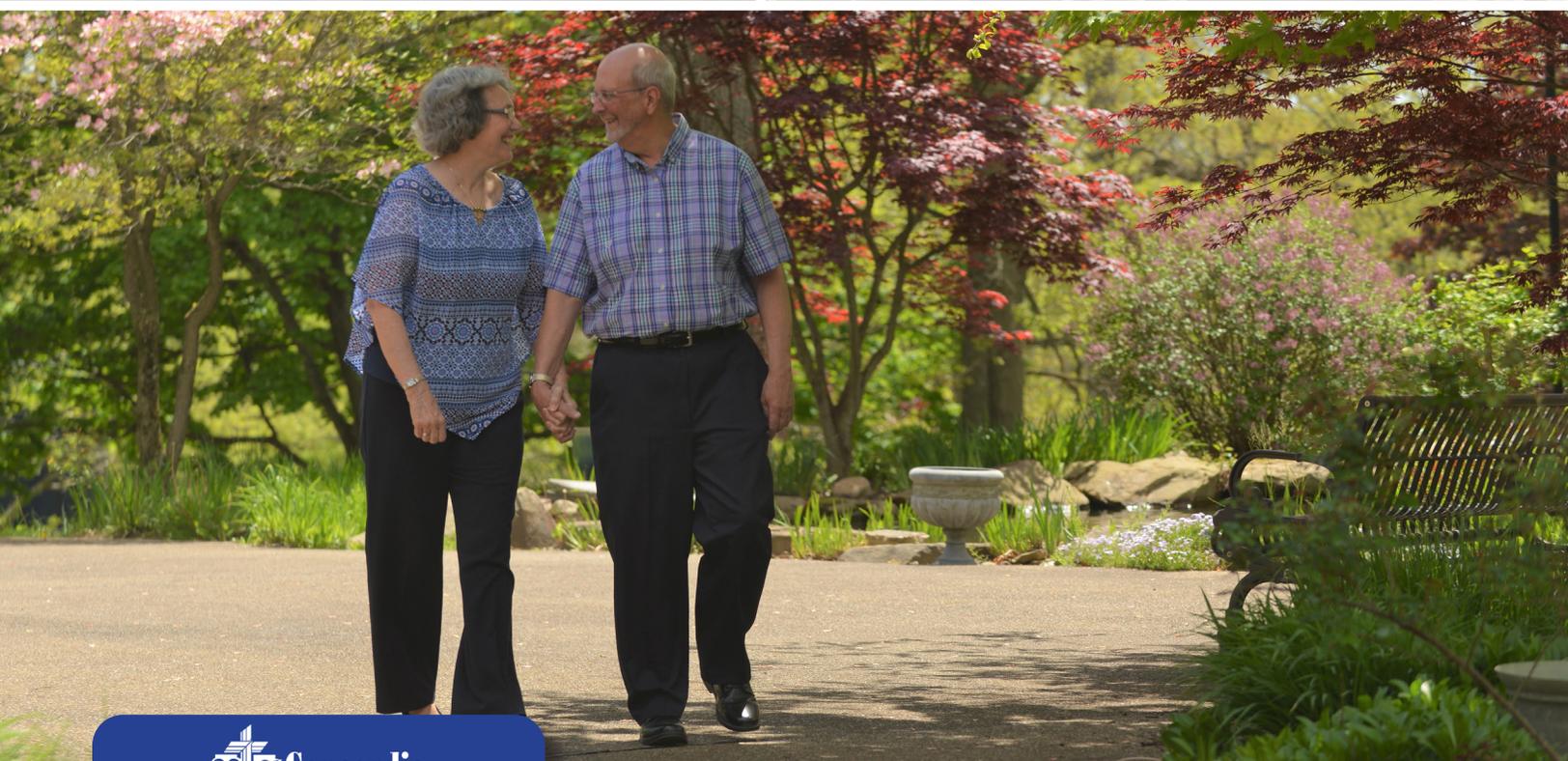
- They need assistance with daily activities such as cleaning, transportation, preparing and cooking meals and personal hygiene.
- They need 24/7 professional care.
- They are comfortable moving out of their home.

Hospice Services

Hospice care is comfort care when the option of curative treatment is no longer beneficial. It provides comfort through pain control and symptom management while offering emotional, social and spiritual support for the patient and family, individually and as a unit. These services are typically offered in the patient's home but can sometimes occur at a hospice inpatient facility. Hospice care is typically paid for by insurance.

SOMEONE MIGHT BENEFIT FROM THIS TYPE OF CARE IF:

- They are terminally ill and there is no evidence that care would be effective.
- They need on-call professional care.
- They need care to keep them comfortable.
- They would like to meet with counselors or spiritual advisors.



Short-Term Rehabilitation

Many people require short-term rehabilitation following a fall, surgery or hospital stay, before returning to their homes. The goal of this type of care is to rehabilitate patients to the point where they can safely transition back to their home environment. Short-term rehab is considered to be skilled nursing care. Depending on the patient's need, it involves rigorous physical, occupational and speech therapy, nursing care and more. Patients may spend as little as a couple weeks in the facility. This type of care is typically paid for by insurance.

SOMEONE MIGHT BENEFIT FROM THIS TYPE OF CARE IF:

- They need a therapist to show them the body mechanics required to recover in a safe and healthy manner.
- They need rehabilitation professionals who specialize in the exercises required to get them back to their normal self.



If you have questions about the different types of senior care or are interested in how Concordia can help you or your loved one, feel free to call us at 724-352-1571 or visit our website: www.concordialm.org



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