



## *What are the different levels of Long Term Care / Senior Care*

**Samantha Lappe, Clinton Manor;  
Cindy Hill, Home Instead Senior Care;  
and Gina Ratermann, Brightly Senior Living**

- **Home Health:** This service involves medical care provided by licensed healthcare professionals such as nurses, physical therapists, or occupational therapists in the person's home. It is typically for patients who are recovering from surgery, illness, or injury, and require medical treatments or therapies. It can include things like administering medications, wound care, monitoring vital signs, and physical therapy. This is prescribed by a doctor for specific treatments or rehabilitations. It is for a short period of time, until the patient stabilizes or improves.
- **Home Care:** Also known as non-medical care or private duty, it involves assistance with daily living activities and support in a person's home. Home care providers are usually non-medical caregivers who assist with tasks like bathing, dressing, cooking, light housekeeping, companionship, and help with mobility. It is ideal for individuals who are elderly, disabled, or recovering but do not require medical services. It is not prescribed by a physician and often arranged by families or the individual themselves. Home Care can be long term and ongoing, especially for individuals that need help with daily living activities on a permanent basis.



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- **Independent senior living** refers to housing designed specifically for older adults, typically aged 55 and older, who are able to live independently but prefer the convenience, security, and community of a senior living environment. These communities often include private apartments or cottages, along with amenities and services that promote a maintenance-free lifestyle.
- **Assisted senior living** provides housing and care for older adults who need assistance with daily activities while still maintaining a level of independence. These communities offer a supportive environment designed to enhance quality of life, with personalized care plans tailored to each resident's needs.
- **Memory care** is a specialized type of senior living designed to provide a safe and supportive environment for individuals with Alzheimer's disease, dementia, or other memory-related conditions. These communities offer tailored care and programs to meet the unique needs of residents, focusing on enhancing their quality of life while ensuring safety and dignity.
- **Skilled Nursing Home / Skilled Nursing Facility / Skilled Care / SNF:**  
Provides 24-hour medical care and supervision to residents who require assistance with daily living activities and ongoing medical management.



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- **Registered nurses, licensed practical nurses, and certified nursing assistants staff these programs, ensuring the highest level of care for patients. SNFs are ideal for seniors who require:** Post-operative or rehabilitation care after a hospital stay, ongoing medical treatment for chronic conditions, or support for complex medical needs, such as wound care or IV therapy.
- **Skilled Memory Care** refers to a specialized type of long-term care facility that provides intensive support for individuals with cognitive decline, like Alzheimer's or dementia, with a focus on managing their memory issues alongside providing necessary medical care, often including 24/7 supervision from specially trained staff; essentially, it combines the features of a memory care facility with the medical expertise of a skilled nursing facility.