



### About CANPFA

The Connecticut Association of Not-for-profit Providers For the Aging (CANPFA) is a membership organization representing mission-driven and not-for-profit providers across the continuum, including senior housing, nursing homes, residential care homes, continuing care retirement communities, adult day centers, home care agencies and assisted living. CANPFA members are sponsored by religious, fraternal, community, and governmental organizations that are committed to providing quality care and services to their residents and clients. CANPFA is a member of AAHSA [www.aahsa.org](http://www.aahsa.org).

**CANPFA member organizations** strive to create a seamless array of services that encompass the full range of care that may be required as an individual's needs increase. Support for all levels of the continuum is essential to ensure that Connecticut residents have a strong and supportive long-term care system.

## Finding the Right Aging Services ~ The Long Term Care Continuum

**Long-term care** encompasses a variety of services in a variety of settings, from home care to assisted living to skilled nursing home care. Long-term care services help individuals with chronic medical conditions, injuries, mental decline or physical frailty to function to the best of their ability.

**The concept of a continuum of care** is important to long-term care. An effective continuum ensures that all levels of care are available as needed, providing ***the right care, at the right time, in the right setting***. The continuum of long-term care includes the following options:

### Senior Housing

Senior housing offers older adults smaller, more manageable living quarters and built-in opportunities for socializing. Programs may include services such as meals, transportation, and housekeeping. Senior housing may be funded privately, through rental payments or purchases or it may be subsidized through state or federal agencies.

### Assisted Living

These residential settings provide personal care for individuals with "chronic and stable" conditions. A licensed assisted living service provider is available to provide supportive services to those who reside in the facility. Most assisted living services are funded privately, but there are special state subsidy programs in place.

### Personal Care Assistant Services (PCA)

Personal Care Assistants may be hired privately to assist an older adult or disabled individual with activities of daily living so that they may continue to live in an independent living environment. There is also limited state funding for individuals who qualify.

### Home Health Care

Licensed home health care providers offer supportive services and skilled nursing care in the home. Supportive services may include assistance with bathing, walking, and other activities of daily living; skilled nursing care may include services such as administration of medications, injections, and wound care. Physical and occupational therapy are also available to some home care clients. Home health care services are funded privately or through Medicaid, Medicare or commercial health insurance.

### Adult Day Centers

Adult Day Centers are community-based providers that offer daily care and social services. Participants are able to take advantage of day center services and return home in the evening. Day centers may provide meals, recreation, transportation, bathing, medication administration, and nursing oversight. They are funded privately, through state subsidy programs, long-term care insurance and others.

### Homemaker/Companion Services

Homemaker or companion services provide non-medical assistance with housekeeping or companionship. Such services may be crucial for an older adult or disabled person to successfully maintain independent living. Services are funded privately or through Medicaid.

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### **Residential Care Home**

A licensed residential care facility provides personal care, meals, and recreation programs for individuals who need some supportive oversight. Residential care is funded privately or through supplemental state income sources.

### **Intermediate Care Facility**

Intermediate-level care is provided in a licensed nursing facility. It includes nursing care and social and recreational services for individuals who need daily supervision. Intermediate care is funded through Medicaid or private pay sources.

### **Skilled Nursing Facility**

A licensed skilled nursing facility provides skilled nursing care, rehabilitation services, social services and recreational services for both short-term and long-term stays for individuals who require daily care. Skilled nursing care may be funded through Medicaid, Medicare, commercial insurance or private pay sources.

The information in this brochure is intended for general information and educational purposes. It is not intended as an inclusive perspective of the long term care continuum. Please keep in mind that these services costs' and availability may vary by town or community. It is also important to remember that planning and saving are an important aspect to ensuring an older person can receive care and services that meet their needs and preferences.

### **Hospice**

Hospice care is focused on providing palliative care services such as nursing, social services, personal care and pastoral care to the terminal, their families and significant others. Licensed hospice providers may care for patients in facility-based settings or at home. Medicare, Medicaid and commercial health insurance plans fund hospice care.

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

A continuing care retirement community is a community that provides the full continuum of services on one campus – from independent living to skilled nursing care. Residents fund their participation in a CCRC privately through a combination of entrance payments and monthly fees.

**For additional information about the long-term care continuum and CANPFA's member providers, please contact CANPFA at (860) 828-2903 or visit [www.canpfa.org](http://www.canpfa.org).**



# **Understanding the Long Term Care Continuum**



**Getting older is a fact of life, but how and where someone ages is also a matter of choice. There are a variety of services available to older adults today that can help them continue to live enriching and fulfilling lives. This pamphlet features information about some of the long term care services that are available to older adults.**

**Connecticut Association of Not-for-profit Providers for the Aging**  
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