

# An Overview of Long-Term Care Alternatives



If you or a loved one is considering a move to long-term care, there are many options with varying levels of care, costs, and benefits. Your SRES® Real Estate Professional is trained to assist seniors and can help you understand the choices in your area, including:

## Active Senior Communities

Many areas offer active senior communities for adults 55+, providing independent living with social interaction and amenities like exercise facilities, pools, meals, and organized events.

## Assisted Living Residences

Assisted living residences provides non-medical support for independent seniors who may need some help with daily life, offering private living spaces and communal dining and activities.

## Residential Care Homes

A smaller form of assisted living, these homes are often in residential neighborhoods with room for 20 or fewer older adults. They are typically similar in cost to assisted living residences and are well suited for individuals who wish to live in a smaller facility.

## Nursing Homes

Nursing homes offer 24-hour care, including nursing, meals and personal assistance. They primarily serve individuals with long-term physical or mental health needs, housing residents in private or shared rooms.

## Memory Care Facilities

Memory care is usually offered by assisted living facilities and nursing homes for older adults diagnosed with dementia and Alzheimer's disease who can no longer live on their own.

## Continuing Care Retirement Communities (CCRCs)

Continuing care retirement communities combine different levels of care on one campus offering the advantage of staying in one place as a senior grows older.

## Veterans Care

Veterans receive a range of benefits for long-term care. They may stay at regular nursing homes on contract with the Department of Veterans Affairs or at homes operated by the VA, using certain funds to pay for assisted living and home care.

## Aging In Place

Long-term care can help seniors age in place, but not all homes are suited for this. The cost of modifying a home for mobility or cognitive needs may make staying there financially challenging.



**Talk to your local SRES®  
Real Estate Professional.  
Tap into their knowledge  
as a specialist in the real  
estate needs of seniors.**

Kim Blanton

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