

## Educational Institute on Aging Continuum of Care Summary

<b>CATEGORY</b>	<b>Independent Living</b>	<b>Assisted Living</b>	<b>Nursing Home</b>
<b>DESCRIPTION</b>	Covers a broad range of housing options for older persons who are functionally and socially independent most of the time. <i>Not regulated except by local authorities.</i>	Provides 24-hr room and board to adults who are aged, mentally ill, developmentally disabled or physically handicapped, who need personal care, supervision, and protection, but do not require continuous nursing care. <i>Licensed by the Texas Department of Human Services.</i>	Provides a living arrangement, which integrates shelter and food with medical, nursing, psychosocial, and rehab services for persons who required 24-hr nursing supervision. <i>Licensed by the Texas Department of Human Services or may be registered by other local authorities.</i>
<b>PRIMARY SERVICES</b>	<ul style="list-style-type: none"> <li>▪ Environmental Security.</li> <li>▪ Facility may coordinate services for resident, i.e., transportation and housekeeping.</li> <li>▪ Opportunities for socialization.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Room and board.</li> <li>▪ Housekeeping and Laundry.</li> <li>▪ Three meals a day.</li> <li>▪ 24-hr supervision.</li> <li>▪ Assistance with personal care.</li> <li>▪ Protection.</li> <li>▪ Supervision of and assistance with medications.</li> <li>▪ Availability of transportation (as indicated in the resident's service plan).</li> <li>▪ Organized Activities.</li> </ul>	<ul style="list-style-type: none"> <li>▪ 24-hr nursing supervision.</li> <li>▪ Room and board.</li> <li>▪ Housekeeping and Laundry.</li> <li>▪ Three meals a day.</li> <li>▪ Assistance with personal care.</li> <li>▪ 24-hr protective oversight.</li> <li>▪ Administration of medications.</li> <li>▪ Opportunities for socialization.</li> <li>▪ Social Services.</li> <li>▪ Organized Activities.</li> </ul>
<b>FUNDING</b>	Private Pay <i>OR</i> HUD assisted.	Private Pay <i>OR</i> Limited assistance through Texas Department of Human Services.	Private Pay <i>OR</i> Medicaid <i>OR</i> Medicare -specific limitations and limited time frames (Generally 21-120 Days)

### Guidelines for Assessing an Individual's Capabilities and Needs

<b>MOBILITY</b>	Capable of moving about independently. Able to seek and follow directions. Able to evacuate facility independently in emergency. <i>OR</i> Ambulatory with cane/walker. Independent with wheelchair, but need help in an emergency.	Ambulatory with minimal or no assistance. <i>OR</i> May require supervision with mobility, transfers from bed, chair, or toilet.	May be independent. <i>OR</i> May require assistance with transfers from bed, chair, and toilet. <i>OR</i> Requires transfer and transport assistance. Requires turning and positioning in bed and wheelchair.
<b>NUTRITION</b>	Able to prepare own meals. Eats meals without assistance. <i>OR</i> Arranged through outside source such as, family, friends, home health agency, meals on wheels, etc.	May be independent. <i>OR</i> May require minimal assistance with eating.  Three meals per day provided by facility.	May be independent. <i>OR</i> May be unable or unwilling to go to dining room. May be dependent on staff for eating/feeding needs. <i>OR</i> Totally dependent on staff for nourishment (includes reminders to eat and/or feeding).
<b>HYGIENE</b>	Independent and capable of bathing and personal laundry. <i>OR</i> May require assistance obtained by resident through home health agency or other outside source.	May require assistance with bathing or personal hygiene/grooming. <i>OR</i> May require assistance, initiation, structure or reminders but resident may be able to complete the task.	May be independent. <i>OR</i> May require assistance with bathing or personal hygiene/grooming. <i>OR</i> Totally dependent on staff for all personal hygiene/grooming.

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<b>TOILETING</b>	Independent and completely continent. <i>OR</i> May have incontinence, colostomy or catheter, but independent in caring for self through proper use of materials/supplies. <i>OR</i> Arranged through home health agency.	May be independent. <i>OR</i> May require assistance with toileting.	May be independent. <i>OR</i> May have a problem with incontinence, colostomy/catheter, and require assistance. <i>OR</i> Totally dependent and/or unable to communicate needs.
<b>HOUSE KEEPING And LAUNDRY</b>	Independent in performing housekeeping functions, including making bed, vacuuming, cleaning, and laundry. <i>OR</i> May need and arrange for limited assistance with certain housekeeping functions. <i>OR</i> Arranged through home health agency.	Individual may do their own laundry and take care of their own housekeeping. <i>OR</i> Provisions for laundering of a resident's personal laundry and housekeeping available. <i>OR</i> Laundry and housekeeping may be provided by facility.	Housekeeping provided and laundry services provided as requested.
<b>DRESSING</b>	Independent and dresses appropriately. <i>OR</i> Arranged through home health agency.	May be independent. <i>OR</i> May require assistance with dressing or use of medical appliances.	May be independent. <i>OR</i> May be dependent on staff for dressing. <i>OR</i> Relies totally on staff for dressing.
<b>MEDICATIONS</b>	Responsible for self-administration of all medications. <i>OR</i> Arranged through home health agency.	May be able to self-administer medications. <i>OR</i> May need minimal reminders and/or assistance. <i>OR</i> May be dependent on staff to assist with administration of medications.	Medications administered by licensed nurses or Certified Medication Aides.
<b>MENTAL STATUS</b>	Oriented to person, place, and time. <i>AND</i> Memory is intact, may have occasional forgetfulness without consistent patterns of memory loss. <i>AND</i> Able to reason, plan, and organize daily events. Mental capability to identify environmental needs and meet them.	May need occasional direction or guidance in getting from place to place. May have mild impairment of judgment. <i>OR</i> Orientation to time and place may be impaired and may require consistent assistance and guidance. May have moderate impairment of judgment. <i>OR</i> May need very secure physical environment. (See Certified Alzheimer's Rules)	Judgment may be good or poor. Resident may not attempt tasks, which are not within capacities. <i>OR</i> May require strong orientation and reminder program. May need guidance in getting from place to place. <i>OR</i> Disoriented to time, place, and person. <i>OR</i> Memory is severely impaired. Usually unable to follow directions.
<b>BEHAVIORAL STATUS</b>	Deals appropriately with emotions and uses available resources to cope with inner stress. <i>AND</i> Deals appropriately with other residents and staff.	May have no behavioral problems. <i>OR</i> May require periodic intervention by staff in order to facilitate interaction with other residents or appropriate display of emotions. <i>OR</i> Note: Residents with mentally disturbing behavior are not appropriate, except perhaps in a Certified Alzheimer's Assisted Living.	May require regular intervention from staff to facilitate expression of feelings and to deal with periodic outbursts, anxiety, or agitation. <i>OR</i> Maximum staff interventions required to manage behavior and to prevent becoming a threat to safety and physical well-being of self or others.
<b>NURSING CARE</b>	Individual contracts with a home health agency for services needed.	Home health agency provides intermittent/ episodic services as needed. Some facilities will be able to provide some services, but usually at an additional cost.	Provides continuous nursing care and hospice care as contracted.