

Are You a Good Match for Assisted Living?

Choosing the right home is a very important decision for an individual and their family and sometimes, assisted living may not be the right fit. Before making any important decisions, follow our “Eligibility Checklist” for guidance on how to determine if assisted living is the right choice.

Assisted living communities are a special combination of housing, meals, and personal assistance designed to meet the needs of those who require personal assistance with activities of daily living (ADLs). Personal assistance also includes assisting with administration/self-administration of medication, arranging for health and supportive services, and providing reasonable recreational, social, and personal services. Assisted living is a residential option that promotes self-direction and participation in decisions regarding care and services. Its philosophy is to support choice, individuality, privacy, and independence. Services available in assisted living communities include:

- Three meals a day in a common dining area
- Housekeeping services
- Transportation
- Assistance with eating, bathing, dressing, etc.
- 24-hour security and staff availability
- Health promotion and exercise programs
- Medication management
- Personal laundry services
- Social and recreational activities
- Supervision and direction

**Availability of services may vary among communities*

Some Assisted Living communities may also be licensed to provide special care programs for residents in need of Memory loss and/or Limited Health Services.

- **Memory Care:** A higher level of licensure that around the needs of residents with Alzheimer’s or memory loss.
- **Limited Health Services (LHS):** This higher level of licensure allows skilled nursing staff to perform basic medical procedures.

For additional information on services and programs, contact the individual Assisted Living community or visit www.riala.org.

****Eligibility Checklist**

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Assisted Living is appropriate for those who:

- As a result of choice and/or physical or mental limitation requires personal assistance with (one) 1 or more ADL, lodging, and meals
- Are capable of self-preservation in emergency situations, unless the community is licensed at the F1 level
- May need assistance with medication management if the community is licensed at the M1 level
- Are capable of self-feeding with assistance from staff with cutting and selecting food
- Require diabetic care that can be met within the community’s level of licensure
- Require oxygen care and are able to determine need/self-operate equipment
- Have financial resources to pay privately or eligible to access financial assistance if accepted by the community

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Assisted Living is not appropriate for those who:

- Require 24-hour skilled medical or nursing care
- Have an active infection and/or communicable disease
- Are bedbound or in need of the assistance of more than one (1) person for ambulation
- Have uncontrollable incontinence
- Have exhibited uncontrolled, aggressive behavior

Requirements and licensure vary among communities. Contact the assisted living community for more information.