How Assisted Living Fits in the Care Continuum



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Services

Medical Care Models

Acute Care Hospitals

Skilled Nursing Facilities

Licensed by California Department of Public Health
Primary Payors: Commercial insurance, Medi-Cal,
Medicare (up to 100 days post-hospitalization), private pay

Although distinct models with specialized services, skilled nursing and assisted living facilities share some of the same services, noted here.

Primary Services:

- Skilled nursing care (24/7 staffing by licensed nurses)
- Rehabilitation / therapy services (e.g., physical, occupational, speech)
- Room and board (short-term or long-term)
- Observation and oversight
- Coordination of health care
- Medication management
- Assistance with ADLs and IADLs

Assisted Living Facilities

Licensed by California Department of Social Services
Primary Payors: Private pay, Medi-Cal, and
PACE (Program of All-Inclusive Care for the Elderly)

Residential Care Facilities for the Elderly (RCFEs)

- Age 60 or older*
- Strong focus on engagement and community
- Most residents reside in larger RCFE settings
- CA has 7,492 licensed RCFEs with 201,610 beds

Adult Residential Facilities (ARFs)

- Age 18 to 59
- Strong focus on behavioral and social support
- Most residents reside in small ARF settings
- CA has 5,754 licensed ARFs with 38,618 beds

- 24/7 staffing by non-clinical staff
- Social activity supports
- Physical activity supports
- Typically, "home-like" residences (e.g., private apartments or rooms); amenities vary widely

Optional/Specialized Services:

- · Licensed nurses on staff
- Dementia care, secured perimeters
- Diabetes management programs
- Coordination of end-of-life care
- Mental health / behavioral health programs

Home

*25% of residents can be under age 60 if they have similar needs as residents. Notes: ADLs are Activities of Daily Living; IADLs are Instrumental Activities of Daily Living.

Read the full report:

What Is Assisted Living? Opportunities to Advance Community-Based Care for Medi-Cal Enrollees https://www.chcf.org/publication/what-is-assisted-living/