

## **DIFFERENTIATING BETWEEN CARE FACILITIES & OTHER IMPORTANT INFORMATION**

### **A) Types of Care Facilities**

There are many different types of senior care facilities available. The three main broad categories are Independent Living, Assisted Care and Nursing Homes. There are also a few more branches as outlined below. Please note that these are general characteristics and attributes from home to home may vary.

#### *1) Independent Living Communities*

Senior independent living communities cater to seniors with few medical problems who for the most part can live independently with little to no assistance. Residents live in fully equipped apartments of various sizes and capacities. Meal options are typically offered to suit the individual or family's needs. Types of meals and frequency of meals can usually be selected, if only a certain number of meals are required. Meals on Wheels is another option for seniors in order to provide greater flexibility, as they provide meals to those who are unable to purchase groceries or cook. There are typically many forms of entertainment offered, from in house events to social outings outside the residence.

#### *2) Assisted Living*

Assisted Living communities are designed for seniors who are no longer able to safely live independently. They are likely in a transition state between independent living communities and nursing homes. Assisted care facilities provide assistance with medication, meals, housekeeping and other general activities. Residents live in private apartments, but meals are usually served in a central dining hall three times per day. Assisted living communities usually provide licensed nursing services and staff are typically available 24 hours per day. These communities also have many social activities planned.

#### *3) Nursing Homes*

Nursing homes are typically for seniors who require a high level of medical care and assistance. Nurses are available 24 hours per day to assist with any medical issues. Many nursing homes also provide short-term rehabilitative stays for those recovering from an injury, illness or surgery. Long-term care residents generally have high care needs and complex medical conditions that require routine skilled nursing services. Residents typically share rooms and meals are served in a central dining hall. If the resident is unable to move to the hall due to illness, meals can be served in their room. A limited number of activities are available, depending on the abilities of the residents.

#### *4) Alzheimer's Care*

A number of senior housing options for people with Alzheimer's or dementia are available. Alzheimer's care units are available within Assisted Living communities, nursing homes or personal care homes. These care facilities provide 24 hour

support to ensure safety and structured activities to help maintain a certain standard of life. Generally, the residents live in semi-private apartments with secured or locked areas. In order to not be overly restrictive, many locations have outdoor walkways that are accessible to the residents, but which are still secured from the outside.

*5) Residential Care Homes*

Residential care homes are private homes that typically serve residents who live together and receive care from live-in caretakers. These homes offer assisted care services for seniors who want a more private, home-like community. Assistance with activities of daily living such as bathing and dressing are typically provided. Amenities and nursing services tend to vary greatly between homes.

*6) Respite Care*

Respite care facilities provide a temporary break for caregivers by allowing a resident to have a short-term stay in a community that can meet their needs. Many assisted living communities and nursing homes have a respite care program. Residents typically stay from a week to a month, depending on their situation. They receive all of the services of the community. Respite stays may also serve as a trial run for seniors. Many residents find that they enjoy their stay and decide to move in soon after the short-term visit. Respite programs are available for assisted living and Alzheimer's residents.

*7) Home Care*

Home care allows the elderly to remain in their own homes while receiving the assistance they need to help them remain independent. Typically, home care involves providing assistance with Activities of Daily Living (ADLs) such as bathing, dressing and meal preparation or Instrumental Activities of Daily Living (IADLs) such as transportation, paying bills, making appointments and simply being there to provide companionship and emotional support. Home care services range from once a week to 24 hours a day depending on the needs of the client.

| For a high level overview, see the following chart:

	<b>Independent Living Communities</b>	<b>Assisted Living</b>	<b>Nursing Home</b>	<b>Alzheimer's Care</b>
<b>Cost Per Month</b>	\$1,500 - 3,500	\$2,500 - 4,000	\$4,000 - 8,000	\$3,000 - 7,000
<b>Meals Per Day</b>	Meal Plan Options	3+	3+	3+
<b>Medication Management</b>	No –offered on site for fee (eg. can buy into medication giving plan)	Yes	Yes	Yes
<b>Personal Care*</b>	No –offered on site for fee	Yes	Yes	Yes
<b>Mobility Assistance</b>	No –offered on site	Yes	Yes	Yes

	for fee			
<b>Accepts Wheelchairs</b>	Yes	Varies	Yes	Yes
<b>Alzheimer's/Dementia Care</b>	No	Varies	Varies	Yes
<b>On-Site Nurses*</b>	No	Varies	Yes	Varies
<b>Transportation</b>	Most Yes	Most Yes	Yes	Yes
<b>Incontinence Care</b>	No	Yes	Yes	Yes
<b>Housekeeping</b>	Varies	Yes	Yes	Yes
<b>Personal Laundry</b>	Varies	Most Yes	Yes	Yes

Once again, please note that this information is a general guideline and facts/figures may change from location to location.

## **B) Assessing Needs**

It is important to assess your needs before considering a seniors home. The following is an overview of what to think about.

### *Level of Care*

No one can predict the future. However, if you or a loved one has a chronic medical condition that is expected to worsen over time, it's especially important to think about how you will handle health and mobility problems. What are common complications of your condition, and how will you handle them? Are you already at the point where you need daily help?

### *Location and accessibility*

Even if you are completely independent at this time, circumstances can change. It pays to think a little about your current location and accessibility of your current home. For example, how far is your home from shopping, medical facilities, or other services? If you can no longer drive, what kind of transportation access will you have? Can your home be easily modified? Does it have a lot of steps, or a steep hill to navigate? Do you have a large yard that needs to be maintained?

### *Social support*

How easy is it for you to visit friends, neighbors, or engage in hobbies that you enjoy? If it becomes difficult or impossible for you to leave your home, you could feel isolated and the transition could be more much more difficult.

### *Caregiving Support*

You will want to consider housing where both your current and future needs can be met. Do you have family or other support available nearby? Traditionally, family has

provided the backbone of caregiving support for the elderly. In today's times, though, family may not be as readily available due to distance, work, children, or other commitments. Even if family members can commit to caregiving, they might not be able to fill in all the gaps if physical and medical needs become extreme. The more thought you put into your future, the better chance your needs will be met.

### *Finances*

Making a budget with anticipated expenses can help you weigh the pros and cons of your situation. Alternate arrangements like assisted living can be expensive, but extensive in-home help can also rapidly mount in cost, especially at higher levels of care and live-in or 24-hour coverage.

### *Consider a professional assessment*

Depending on your current level of care, you may already have had an assessment through your medical team. This can cover your medical issues and concerns as well as issues related to activities of daily living. You may also want to consider an assessment by a geriatric care manager. Geriatric care managers can provide an initial assessment as well as assistance with managing your case, including crisis management, interviewing in-home help, or assisting with placement in an assisted living facility or nursing home.

## **C) Other Considerations**

→ Some care facilities offer a 2-3 day trial run, often for free. Check to see if the facilities you are considering have this option, as it can be a great way to get comfortable with a residence.

→ Depending on the type of care, there is a tax benefit for families of persons living in certain facilities. Be sure to ask for a T2201 form for tax purposes.

## **FAQ – 12 QUESTIONS TO ASK WHEN CONSIDERING A CARE FACILITY**

- 1) What are the costs? Are they all-inclusive or are there additional fees? What type of care is included for these costs?
- 2) What activities/healthcare/fitness facilities are available?
- 3) Are there government subsidies/benefits/credits available?
- 4) Do you have coverage under health insurance for specifically for this type of facility? This insurance can be individually purchased from providers such as Sun Life.
- 5) What are the emergency procedures in place at this facility?
- 6) What is the location and accessibility to transit services? Is it accessible to your home? Is there a religious centre bus route that is on the way? Is it accessibility to friends, parks, malls, or any activities the individual enjoys?

- 7) Are there others of the same ethnic or religious background in the home? Is there a group for prayers or rides to religious centres?
- 8) What are the visiting hours?
- 9) Who manages the location? Does the company have good reviews and referrals?
- 10) Are special diets considered?
- 11) What is the ratio for residents to staff? Typically, we would like to see a maximum of 30:1 for medication administration and 10:1 for personal support workers in all homes except for independent living facilities.
- 12) Is *aging in place* available? This refers to the willingness of the home to allow residents to age in the same residence, even if physical/mental conditions of the resident change, as long as the home is able to provide the care. This avoids the time, costs and discomforts of moving if conditions of the senior change. This point should be specifically noted in the initial contract.

## **LISTING OF SENIORS HOMES**

Please refer to <http://www.retirementhomes.com/> for a listing of available seniors homes. Note that there are many other websites available for finding seniors homes as well.

## **References**

Information was primarily obtained from the following sources:

- 1) Joanna Saisan, M.S.W., and Monika White, Ph.D. "Senior Housing Options." : *Assess Your Needs and Make the Best Senior Living/residential Care Choice*. N.p., n.d. Web. June 2013.  
[http://www.helpguide.org/elder/senior\\_housing\\_residential\\_care\\_types.htm](http://www.helpguide.org/elder/senior_housing_residential_care_types.htm)
- 2) "Guide to Senior Housing Options." A Place for Mom. N.p., n.d. Web. June 2013.  
<<http://www.aplaceformom.com/senior-care-resources/articles/senior-housing-options>>

Company	Community Info					# of beds							
	Company	Community Name	Community Address	City	Prov	Postal code	Inedpendant Living+Assisted				LTC		Total # of beds
IL							Priv.Pay A/L	Funded A/L BC only	DAL AB Only	DEL AB Only	Funded	Private	
AgeCare	Beverly Centre Lake Midnapore	500 Midpark Way, SE	Calgary	Alberta	T2X 3S3	50					268	2	320
AgeCare	Bever Centre Glenmore	1729- 90th Ave SW	Calgary	Alberta	T2V 4S1						208	6	214
AgeCare	Columbia Assisted Living	785 Columbia blvd	Lethbridge	Alberta	T1K 4T8		62			50			112
AgeCare	Governors Walk	150 Stanley Ave	Ottawa	Ontario	K1M 2J7	75							75
AgeCare	Harmony Court	7195 Canada way	Burnaby	BC	V5E 3R7		130	25			55		210
AgeCare	Orchard Manor	951 Cassils Road West	Brooks	AB	t1r 1k9		28			25			53
AgeCare	Sunrise Gardens	1235 - 3rd street W	Brooks	Ab	T1R 0P7				84				84
AgeCare	Valleyview	65 Valleyview drive	Medicine	AB	T1A 7K5		49		6		30		85
AgeCare	Sagewood		Strathmore	AB	T1P 0E2	42			60				102
Trillium	Douglas Care	657 Niagara	Victoria	BC	V8V 1J1	15	7					27	49
Trillium	St. Charles Manor	1006 St. Charles	Victoria	BC								53	53
Trillium	Acacia Ty-Mawr	2655 Shawnigan Lk.	Shawnigan	BC							35		35
Trillium	Woodgrove Manor	3904 Metral Drive	Nanaimo	BC							26	15	41
Trillium	Bevan Lodge	38886 Bevan Ave.	Abbotsford	BC		35					16	99	150
Westshore	Westshore Lodge	1828 Island Highway	Colwood	BC	V9B 1J2	62							62
Triple A	Monterey Place	4288 Catalina Blvd	Calgary	AB	T1Y 7J5					102			102
Triple A	Millrise Place	14911 - 5th Street	Calgary	AB	T2Y 5B9	11	87		40			51	189
Unicare	Fernbrae Manor	295 Gerstmar Road	Kelowna	BC	V1X 7W9	186							186
Unicare	Garneau Hall	10923 Whyte Ave	Edmonton	AB	T6G 2N9	60			37				97
Unicare	Inglewood Care Centre	725 Inglewood Ave	West Vancouver	BC	V7T 1X5						231	4	235
Unicare	Lakeside Gardens	4088 Wellesley Ave	Nanaimo	BC	V9T 6M2	103	20						123
Unicare	Sunnyside Manor	15340 17th Avenue	Surrey	BC	V4A 1T9	71	15				0	0	86
Unicare	Pacific Carlton	15366 17th Ave	Surrey	BC	V4A 1T9	80							80



Amica	Windsor	4909 Riverside Drive East	Windsor	ON	N8Y 1B9	152	29						181
Crystal Ridge Manor	Crystal Ridge Manor Ltd.	45665 McIntosh Drive	Chilliwack	BC	V2P 7L1	23							23
Park Place Living	Courtyard Terrace	3037 Burke St.	Burnaby,	BC	V5H 1A3			40					47
Park Place Living	Cartier House	1419 Cartier St.	Coquitlam	BC	V3K 2C6						78		78
Park Place Living	Cerwydden Care Centre	3243 Cowichan Lake Road	Duncan	BC	V9L 4B8						52		56
Park Place Living	Pine Grove	313 McGowan Ave	Kamloops	BC	V2B 2N8						75		75
Park Place Living	Spring Valley	355 Terai Court,	Kelowna	BC	V1X 5X6						150		150
Park Place Living	Greystone Manor	11657 Ritchie Avenue	Maple Ridge	BC	T6A 0H5	74	X						74
Park Place Living	Mountain Lake	908 Eleventh Street	Nelson	BC	V1L 7A6		11	29			86	6	132
Park Place Living	Sun Village Retirement Residence	1147 Main St.	Penticton	BC	V2A 8G4	95							95
Park Place Living	Shaughnessy	2250 Wilson Ave.	Port Coquitlam	BC	V3C 1Z5							66	66
Park Place Living	Piccadilly Care Centre	821 - 10th Avenue SW	Salmon Arm	BC	V1E 1T2						55	4	59
Park Place Living	Hilton Villa	13525 Hilton Rd.	Surrey	BC	V3R 5J3						154	20	174
Park Place Living	Hardisty Care Centre	6420-101 Avenue	Edmonton	Alberta	T6A 0H5						180		180



Park Place Living	The Wellington Retirement Residence	1595 Southview Drive S.E	Medicine Hat,	Alberta	T1B 0A1		39		50				89
Park Place Living	Devonshire Care Centre	1808 Rabbit Hill Road	Edmonton	Alberta	T6R 3H2						132		132
Park Place Living	Newport Harbour Care Centre	10 Country Village Cove	N.E. Calgary	Alberta	T3K 5T9						125	6	131