

Care Partner Information

Alzheimer's Disease and Related Dementia Caregiving Tips

Understanding Long-Term Care

As dementia gets worse, most caregivers will think about getting extra help. There is no reason to feel guilty about not being able to do it all by yourself. Between the physical work and making sure the person is safe, giving care can be really hard. It can become more than most caregivers can handle on their own.

There are many choices for getting help. They range from having someone come into the home to help, to having the person with dementia move into a live-in facility. While these are all forms of “long-term care,” they go under many names.

Care When Living at Home

Many types of care are available for people with dementia who live at home. They include care within the home, or daytime care at a community center.

Options for Care for People With Dementia Who Live at Home		
Type	Different Kinds of Care	What It Is
In Home	Companion Services	Someone visits to spend time with, or supervise, the person with dementia.
	Personal Care Services	Someone visits to help with bathing, dressing, eating, or other personal care.
	Homemaker Services	Someone helps with housekeeping, shopping, or preparing meals.
	Home Health Care (Also called Skilled Care)	A nurse, therapist or other care provider helps with medical needs.
	Hospice Care (Also called Palliative Care)	Special care for patients near the end-of-life that focuses on reducing pain or discomfort and provides caregiver support. Service can be provided in Residential Care as well.
Community Center	Adult Day Center (Also called Adult Day Care)	A daytime program at a community center with activities. The person still lives at home at night. Some programs also offer personal care or medical services.

This Care Partner Information page is part of a series on caregiving tips. They are written to help family and community caregivers, direct care workers and community health representatives care for someone with Alzheimer's disease or other types of dementia. Available in English and Spanish at www.aging.arizona.edu

Care Partner Information

Residential Care

For other types of long-term care, the person with dementia moves out of their home and lives somewhere else. This is called “residential care.”

Residential Care	
Type of Residential Care	What Is It?
Independent Living Also called “Retirement Housing”	<ul style="list-style-type: none"> • Live on your own, but with support for meals, activities, and transportation. • Best for someone in the early stages of dementia.
Assisted Living	<ul style="list-style-type: none"> • Live in your own room in a facility that may have dozens or even hundreds of residents. • Type of care varies and often includes some supervision, meals, group activities, transportation, and personal care. • Some assisted living centers have special areas called “memory care.” These areas are locked to prevent residents from wandering away. • Best for someone with mid-to-late stage dementia.
Group Home Also called “Adult Care Home”	<ul style="list-style-type: none"> • Live in a regular house with a private or shared bedroom. • Staff is present 24 hours/day. • Type of care varies from minimal support, like help with meals, to assistance with dressing, toileting, and other personal care. • Who it’s for depends on the level of care provided.
Skilled Nursing Also called “Nursing Home”	<ul style="list-style-type: none"> • More of a hospital-like facility. • May have a private or shared room. • Provides round-the-clock nursing care. • Best for someone in the later stages of dementia, and/or for someone with medical needs.
Continuing Care Community Also called “Life Care”	These facilities provide independent living, assisted living, and skilled nursing. A person can start in independent living and change to a higher level as dementia gets worse.
Hospice Care Also called “Palliative Care”	Special care for patients near the end-of-life that focuses on reducing pain or discomfort and provides caregiver support. Service can be provided at home, or in other residential care settings.

Useful Websites

More information on long-term care options is available from the US Department of Health and Human Services at: <http://longtermcare.gov/the-basics/where-can-you-receive-care/>

Written by: Deborah D Schaus, MSW, Executive Director, Alzheimer’s Association, Southwest Chapter

Alzheimer’s disease and Related Dementia ~ Care Partner Information

Edited by an interprofessional team from the University of Arizona Center on Aging,
Alzheimer’s Association - Desert Southwest Chapter and Community Caregivers