



CREATING A
BETTER FUTURE

COLORADO ASSOCIATION OF HOMES AND SERVICES FOR THE AGING

Matching Seniors' Needs to Services, Care and Housing Options

A Spectrum of Care Options

“Spectrum of care” refers to all levels of housing, health and personal care services and options to help seniors maintain an optimal quality of life. Individual needs vary from simple assistance with housekeeping to housing that provides medical supervision and services.

This guide is a public service of The Colorado Association of Homes and Services for the Aging. It gives an overview of needs that may arise as someone ages, and the most common care options available to meet those needs. This basic information is in an evaluative format to help you pinpoint what care options are available within our membership.

Founded in 1968, CAHSA represents nursing homes, assisted and independent living, retirement communities and adult

day programs. We encourage members to emphasize quality of care, individual dignity and autonomy, self-respect, personal independence and a supportive environment for those in their care. CAHSA members have a rich and honorable tradition of providing housing, services and care to the elderly.

This guide is not a substitute for personal research and on-site visits to all of the options you consider. In addition, some needs may be met with home-based services such as the delivery of meals or transportation services.

Evaluating Needs

The first consideration for anyone is, are they safe in their current environment? Certain behaviors may signal that a person's needs have changed and some assistance is required.

However, always consider outside factors such as the loss of a loved one or new medications that could affect a person's behavior. Behavior changes to notice include, but are not limited to:

- Medications not filled in a timely manner, or confusion with medication schedules;
- Cupboards or refrigerator bareness, spoiled or odd food;
- Is mail picked up, checkbook balanced, credit cards paid;
- Changes in social behavior or driving ability;
- Changes in physical appearance or housekeeping practices;
- Panic calls to family members or health care providers without apparent need.

The following pages compare an individual's needs and abilities with available care and housing options.

Provider Type	Adult Day	Independent Living	Retirement Community	Assisted Living	Nursing Facility
<p>Description of Services</p>	<p>Community-based group program for functionally and/or cognitively impaired adults. Structured programs provide health care, social and other support services in a protective setting for less than 24-hour care. Generally operate during business hours five days a week; some programs offer evenings/weekends.</p>	<p>Covers a broad range of housing options (i.e., residential houses, apartments, cottages, condominiums, townhouses, subsidized senior housing, etc.) for older persons who are functionally and socially independent.</p>	<p>Provides a living arrangement which integrates shelter and services for older persons who <i>do not need 24-hour protective oversight.</i></p>	<p>Provides a living arrangement with shelter and services for frail older persons who are functionally and/or socially impaired and <i>do need 24-hour protective oversight.</i></p> <p>Some facilities have special programs designed for people who are memory-impaired.</p>	<p>Provides a living arrangement which integrates shelter with medical, nursing, psychosocial and rehabilitation services for older persons who <i>do require 24-hour nursing supervision.</i></p> <p>Some facilities have programs designed for people who are memory-impaired.</p>
<p>Primary Services</p>	<p align="center">~ A ~</p>	<p align="center">~ B ~</p>	<p align="center">~ C ~ + B</p>	<p align="center">~ D ~ + B + C</p>	<p align="center">~ E ~ + B + C</p>
<p>Services vary from place to place. Speak to each facility that interests you to see if they offer services important to you or your loved one.</p>	<ul style="list-style-type: none"> • Set hours of operation • Environmental security • Socialization with organized activities • Respite/Weekend care • Meals • Medication administration • Personal Care • Therapies • May have medical staff on site some or all of the time 	<ul style="list-style-type: none"> • Age segregated buildings • Environmental security • Possible coordination of resident services (i.e., activities, transportation, housekeeping, etc.) • OR no services are available 	<ul style="list-style-type: none"> • Meals (1-3 per day) • Transportation • Activities • Housekeeping assistance • Assistance with coordination of community-based services 	<ul style="list-style-type: none"> • Assistance with activities of daily living, such as dressing, hygiene and meal preparation • Medication monitoring • 24-hour protective oversight 	<ul style="list-style-type: none"> • 24-hour nursing supervision • Skilled nursing may offer specialty care for people with Alzheimer's Disease

Needs Assessment for Choosing a Care Option

Abilities	Adult Day	Independent Living	Retirement Community	Assisted Living	Nursing Facility
Mobility	Need minimal assistance with movement; however, transportation to and from the facility are probably necessary. Likely to require some assistance and direction in an emergency situation.	Can move about independently; able to seek and follow directions. Able to evacuate independently in emergency OR ambulatory with cane or walker. Independent with wheelchair but needs help in an emergency.	Can move about independently; able to seek and follow directions. Able to evacuate independently in emergency OR ambulatory with cane or walker. Independent with wheelchair but needs help in an emergency.	Mobile, but may require escort/assistance due to confusion, poor vision, weakness, or poor motivation OR requires occasional assistance to move about but usually is independent.	May require assistance with transfers from bed, chair, toilet OR requires transfer and transport assistance. Requires turning and positioning in bed and wheelchair.
Nutrition	Meals and snacks provided. May need minimal assistance, i.e., opening cartons or other packages, cutting food, or preparing trays.	Able to prepare own meals. Eats meals without assistance.	Able to prepare own meals. Eats meals without assistance. Generally a minimum of one meal a day is available at the community dining room.	All meals and snacks provided. May require assistance getting to dining room and/or requires minimal assistance, i.e., opening cartons or other packages, cutting food, or preparing trays.	May be unable or unwilling to go to dining room. May be dependent on staff for eating/feeding needs OR totally dependent on staff for nourishment (includes reminders to eat and/or feeding).
Hygiene	Most hygiene needs are performed at the home. May need some assistance, especially with overnight or extended stays.	Independent in all care including bathing and personal laundry.	Independent in all care including bathing and personal laundry.	May require assistance with bathing or hygiene OR may require assistance, initiation, structure or reminders. Resident may be able to complete tasks.	May be dependent on staff for all personal hygiene.

Abilities	Adult Day	Independent Living	Retirement Community	Assisted Living	Nursing Facility
Housekeeping	Unnecessary	Independent in performing housekeeping functions (includes making bed, vacuuming, cleaning and laundry).	Can perform housekeeping functions (making bed, vacuuming, cleaning, laundry) OR may need assistance with heavy work, vacuuming, laundry and linens.	Housekeeping and laundry services provided.	Housekeeping and laundry services provided.
Dressing	Should arrive dressed for daily activity.	Independent and dresses appropriately.	Independent and dresses appropriately.	May require occasional assistance with shoe laces, zippers, etc., and/or medical appliances or garments OR may require reminders, initiation or motivation.	May be dependent on staff for dressing.
Toileting	May require some assistance getting to and from restroom facility.	Independent and completely continent.	Independent and completely continent OR may have incontinence, colostomy or catheter, but independent in caring for self through proper use of supplies.	Same as 'Retirement Community' OR may have occasional problem with incontinence, colostomy or catheter, and may require assistance in caring for self through proper use of supplies.	May have problem with incontinence, colostomy/catheter, and requires assistance OR may be dependent and unable to communicate needs.
Medications	Able to self-administer medications OR facility staff may remind and monitor the actual process.	Responsible for self-administration of all medications.	Responsible for self-administration of all medications OR may arrange for family or home health agency to establish a medication administration system.	Able to self-administer medications OR facility staff may remind and monitor process OR facility staffed by RN/LPN administers medications.	Medications administered by licensed personnel.

Abilities	Adult Day	Independent Living	Retirement Community	Assisted Living	Nursing Facility
Mental Status	May require occasional direction or guidance in getting from place to place OR may have difficulty with occasional confusion which may result in anxiety, social withdrawal, or depression OR orientation to time or place or person may be impaired.	Oriented to person, place, and time, AND memory is intact, but has occasional forgetfulness without consistent pattern of memory loss AND able to reason, plan, and organize daily events. Mental capability to identify environmental needs and meet them.	Oriented to person, place, and time, AND memory is intact, but has occasional forgetfulness without consistent pattern of memory loss AND able to reason, plan, and organize daily events. Mental capability to identify environmental needs and meet them.	May require occasional direction or guidance in getting from place to place OR may have difficulty with occasional confusion which may result in anxiety, social withdrawal, or depression OR orientation to time or place or person may be impaired.	Judgment is likely poor and resident may not attempt many tasks OR may require strong orientation and reminders. May need guidance getting from place to place OR disoriented to time, place and person OR memory is severely impaired. Difficulty following directions.
Behavioral Status	May require periodic intervention from staff to facilitate expression of feelings in order to cope with inner stress.	Deals appropriately with emotions and uses available resources to cope with inner stress AND deals appropriately with other residents and staff.	Deals appropriately with emotions and uses available resources to cope with inner stress AND deals appropriately with other residents and staff. May require periodic intervention from staff to resolve conflicts with others in order to cope with situational stress.	May require periodic intervention from staff to facilitate expression of feelings in order to cope with inner stress OR may require periodic intervention from staff to resolve conflicts with others in order to cope with situational stress.	May require intervention from staff to help express feelings and deal with periodic outbursts of anxiety or agitation OR maximum staff intervention to manage behavior OR may be a physical danger to self /others OR expectations are unrealistic and person is uncooperative.

For more information about CAHSA, an overview of senior housing services and care options, or a list of the CAHSA members in your community, write, call, or visit our Web site at: www.cahsa.org.

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