



## What level of care is right for you?

There is a spectrum of long-term care, from receiving limited assistance in your home to receiving around-the-clock care in a skilled nursing facility. The level of care you require may increase and decrease over time. All long-term care should be tailored to your individual needs and preferences.

**Personal Care Services** are provided by a personal care aide, also called a home health aide. Typically, an aide will go to an individual's home for several hours a day to provide assistance with household chores and activities such as meal preparation, bathing, dressing, going to the restroom, etc. Sometimes therapy, such as physical therapy, can be provided in an individual's home.

**Transportation and Meal Services** are available in many counties. Some people can continue to live independently in their own homes by receiving at least one nutritionally sound meal delivered daily or by arranging transportation for medical appointments and errands.

**Adult Day Services**, similar to adult day health care, provides supervision and activities for 4 or more hours a day at a community center, senior center, or similar location. Transportation to and from the program may be available. For more information, visit <https://www.ncdhhs.gov/divisions/aging-and-adult-services/adult-day-services>

**Adult care homes** (7+ people) and **family care homes** (2-6 people) are the two main types of assisted living facilities in North Carolina. Such facilities are licensed by the state and typically provide room and board, 24-hour supervision, housekeeping, personal care services, and recreational activities. Some facilities provide care for people with dementia.

**Nursing Homes**, also called skilled nursing facilities, provide ongoing nursing care from a skilled nursing professional. They typically provide room and board, 24-hour supervision, housekeeping, personal care services, recreational activities, nursing services, and dietary services. Nursing homes must also provide, or arrange, for physical therapy, occupational therapy, dental care, podiatry services, optometry services, and transportation to medical appointments. Some facilities provide care for people with dementia. Some offer short-term skilled nursing care and rehabilitation.

*Find more information on Long-Term Care Basics on our website, <https://forltc.org/ltc-basics>*

### About FOR

Friends of Residents in Long-Term Care (FOR) seeks to improve the quality of life for the 100,000+ individuals who receive long-term care services in both residential and community settings throughout North Carolina. We accomplish our mission by helping consumers and their families become educated and effective self-advocates.

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