

## Choosing a Long-Term Care Facility

Making a decision about the right time to move to a care facility or which care facility to choose can be overwhelming. However, you are not alone in making this decision. Options Counseling is a free service available through Malheur Council on Aging who is your local Aging and Disability Resource Center (ADRC). The information provided by the Options Counselor is based on the goals, needs and preferences of the person requiring care. To request a referral for Options Counseling or to speak with an Options Counselor you have worked with in the past, please call 541-889-7651



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# Support Groups

## CAREGIVER SUPPORT GROUP

Every First Thursday of the month  
3:30 PM

## ALZHEIMER'S SUPPORT GROUP

Every Third Thursday of the month  
3:30 PM

Groups are held at Edgewood Senior Living  
1255 Allen Ave, Fruitland ID, 83619

3:30 PM. Respite care is available on site for no cost.

## Information to Know Before You Start Your Long-Term Care Search:

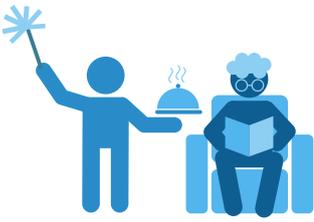
Each licensed facility has an annual unannounced licensing inspection, often referred to as a **“survey”**. A facility should provide a copy of their survey upon request. A summary of nursing facility surveys can be found at Medicare.gov under Nursing Home Compare. Unfortunately, surveys for other types of care facilities are not available on-line at this time.

Each licensed care facility has to complete a **Uniform Disclosure Statement (UDS)** that can be given to potential residents. This document can be helpful because it includes the type of care facility, administrator name, owner name, Medicaid acceptance, if pets are allowed, services included in their base rate, services that cost extra, and information about caregiver staffing.

**Substantiated abuse complaints** for licensed care facilities (adult foster homes, assisted living facilities, residential care facilities and nursing facilities) can be found at: [https://apps.state.or.us/cf2/spd/facility\\_complaints/](https://apps.state.or.us/cf2/spd/facility_complaints/) or go to [www.oregon.gov](http://www.oregon.gov).

To schedule an appointment to view abuse complaints and the licensing inspection survey for care facilities, please call Malheur Council on Aging/ADRC at 541-889-7651.

(Revised July 2016)



# The Continuum of Care Options\*



## MOST INDEPENDENT

- In-home Care
- Independent Living/Retirement Community
- Adult Day Care

## LEAST INDEPENDENT

- Adult Foster Home
  - Assisted Living
  - Residential Care
  - Memory Care Units
  - Nursing Facilities
- Memory Care Units
  - Nursing Facilities

\*Hospice Services can be provided in each of these care options  
Continuing Care Retirement Communities may offer more than one type of care.

## A Description of Each Care Option:

### ADULT DAY CARE SERVICES

Adult day care can provide respite care (a caregiver break) as well as ongoing services. Services are provided in a variety of centers around the state. Social, recreational and health services are provided in a protective setting to individuals who cannot be left

alone because of health needs, confusion or disability. These programs provide meals and care services during the day when caregivers need time off or must work.

### ADULT FOSTER HOMES

Adult foster homes offer personal and health care to individuals in private residences. These homes provide care for no more than five individuals. Care and supervision are provided to maintain a safe and secure setting. Adult foster homes are licensed, inspected and monitored by Oregon Department of Human Services Aging and Persons with Disabilities (DHS-APD) or Area Agency on Aging (AAA) offices. People often choose adult foster care because it is more affordable than other care facilities and is a homelike setting. Adult foster home providers and primary caregivers must pass a criminal record check, complete a basic training course, and be able to provide care. The home must meet safety and structural requirements. For more information, go to [www.oregon.gov](http://www.oregon.gov) and search for "A Guide to Oregon Adult Foster Homes".

### ASSISTED LIVING FACILITIES

Assisted living facilities provide housing and supportive services for six or more residents. Residents of assisted living facilities have private apartments. Each apartment unit has a kitchenette and private bathroom with a wheelchair accessible shower. Staff to resident ratio will typically be lower than what is required for nursing homes. Caregivers are not required to be certified, although training prior to providing services to residents is mandatory. Assisted living facilities are best suited for individuals who want to remain as independent as possible and who are able to direct



their own care. Assisted living facilities are licensed and regulated by the DHS-SPD. For more information, please go to [www.oregon.gov](http://www.oregon.gov) and search for the “Oregon Consumer Guide for Assisted Living and Residential Care Facilities”.

### **CONTINUING CARE RETIREMENT COMMUNITIES**

Continuing Care Retirement Communities are generally made up of independent living residences, assisted living/residential care facilities and nursing facilities. These

communities require an entrance fee along with monthly and/or other periodic charges. They are required to register with the state and disclose specific information about the services they provide and their finances. Only a nursing facility, residential care or assisted living facility located on the campus must be licensed by DHS-SPD. Otherwise Continuing Care Retirement Communities are not regulated.

### **IN-HOME CARE**

In-home care is assistance with activities of daily living (ex. bathing, ambulation, transfers, toileting) or supportive care (housekeeping, shopping, medication management) provided in a person’s home by a spouse, family member, friend, volunteer or a paid caregiver. Paid caregivers can be employed directly by a senior or person with disability. To request the Oregon Home Care Commission’s Homecare Worker Registry List, please go to <https://www.or-hcc.org>. Another option is to hire an in-home care agency. In-home care agencies handle the responsibilities of employing the in-home caregiver.

### **MEMORY CARE UNITS**

Some facilities specialize in providing care only to persons with Alzheimer’s or other forms of dementia. A facility that specializes in the care for people with memory impairment must receive an endorsement and is governed by additional regulations that are specifically intended to support individuals with dementia. An Alzheimer’s-endorsed unit must be a secure building that alerts staff if a resident has exited. Most Alzheimer’s Care Units are in residential care facilities or nursing facilities.

### **NURSING FACILITIES**

Nursing facilities are licensed by DHS-SPD and are required to meet both federal and state regulations. Services offered in a nursing facility are nursing care on a 24-hour basis, on-site physical rehabilitation, recuperation after hospitalization for serious

illness or surgery, restorative services, and end-of-life care. Nursing facilities are most appropriate for people who need 24-hour medical oversight and a protective/structured setting. Residents may have medical and behavioral needs that cannot be met in other care settings. Most residents must share their room. Space is limited, but residents are allowed to bring personal items to encourage a more home-like atmosphere.



## RESIDENTIAL CARE FACILITIES

Residential care facilities provide housing and support services for six or more people. Residential care facilities offer shared and private rooms. These facilities are not required to provide private bathrooms or kitchenettes. Many residential care facilities specialize in caring for individuals with Alzheimer's or dementia. These settings are licensed and regulated by DHS-SPD. Residential Care facilities are required to have licensed nurses on staff for a specific number of hours per week. The nurses do not typically provide hands-on nursing care. Caregivers are not required to be certified but training prior to providing care is mandatory. For more information, go to [www.oregon.gov](http://www.oregon.gov) and search the "Oregon Consumer Guide for Assisted Living and Residential Care Facilities".

## RESPITE CARE

Respite care gives families and other caregivers temporary relief from providing care for frail adults. Companionship, light assistance, recreational activities and security are provided in the resident's home, out of home in a group setting, or overnight in a residential setting. Respite care allows for a healthier and better quality of life for both the caregiver and care receiver. For additional information on respite care, please call Malheur Council on Aging's Family Caregiver Support Program at 541-889-7651.

# All Oregon licensed facilities must provide:

- Three meals a day and snacks
- Housekeeping
- Laundry
- 24-hour supervision
- Planned activities
- Help with medications
- Help with dressing and personal grooming
- Help with bathing
- Help with toileting
- Help with walking
- Help with transferring from one place to another (such as from chair to bed)
- Help with confusion or forgetfulness
- Help with finding transportation
- Sufficient staff to meet resident's needs
- Each employee must have passed a criminal record check according to state rules

## THERE ARE DIFFERENCES IN THE PHYSICAL REQUIREMENTS OF THE BUILDINGS, A FEW OF THE BASIC DIFFERENCES INCLUDE:

- A foster home is a typical residence that serves five or fewer residents.
- A residential care facility serves more than five residents who may share bedrooms and common bathrooms.
- An assisted living facility has a private apartment with a kitchenette and a private bathroom for each resident or couple.
- A nursing facility is hospital-like where residents typically share a room and a common bathroom although there may be some private rooms available.



## THERE ARE ALSO DIFFERENCES IN THE AMOUNT OF HELP YOU CAN EXPECT TO RECEIVE AND THE REQUIREMENTS FOR THE TYPE OF CAREGIVER IN EACH CARE FACILITY OPTION:

- Nursing facilities provide the most comprehensive care of all the facility types including 24-hour nursing care by licensed staff, post-hospital care and, rehabilitation and restorative treatments by licensed physical therapists, speech therapists and occupational therapists.
- Assisted living and residential care facilities provide care for people who can no longer live independently, yet want to maximize their independence while in the safety of a residential setting. These facilities generally do not offer the comprehensive care provided by nursing facilities.
- Adult foster care homes provide different levels of care depending on their license (classification level). Generally, staff are not licensed nurses, but some homes that meet more rigorous standards may provide care by licensed nurses.
- Nursing facilities are regulated by both federal and state laws and are the only facility type required to provide 24-hour nursing services, physical rehabilitation and restorative services.
- Assisted living facilities, residential care facilities and adult foster homes are regulated by the state laws and generally are not required to provide services by licensed nurses or other health professionals.



# An Overview of the Licensed Care Settings:

Services Provided	Adult Foster Homes	Residential Care Facilities	Assisted Living Facilities	Nursing Facilities
24-hour nursing services by RNs and LPNs	Not Required	Not Required	Not Required	Yes
24-hour awake staff	Not Required	Yes	Yes	Yes
Aides are required to be certified nursing assistants (CNA) or certified medication assistants (CMA)	Not Required	Not Required	Not Required	Yes
Physical rehabilitation and restorative services	Not Required	Not Required	Not Required	Yes
Private rooms	May	May	Yes	May
Private toilets	Not Required	May	Yes	Not Required
Private showers/tubs	Not Required	May	Yes	Not Required
Secure dementia care	Not Required	May	May	May

\*The licensed facilities listed above all include three meals a day plus snacks, housekeeping, laundry, 24-hour supervision, planned activities, help with confusion and forgetfulness, medications, dressing, personal grooming, bathing, toileting, walking, transferring, coordination of transportation and sufficient staff to meet resident's needs.

The website [www.oregon.gov](http://www.oregon.gov) was used as a source for much of the information included in this handout. Please refer to that site for additional information or call Malheur Council on Aging/ADRC at 541-889-7651.

Vale Meals:  
Mondays & Wednesdays  
Nyssa and Ontario Meals:  
Tuesdays & Thursdays

# September Meals

	DAY 1	DAY 2
<b>WEEK 1</b>	Green Salad w/ Ranch Dressing Tuna Noodle Casserole Hot Vegetable Crescent Rolls Dessert Milk (No meal in Vale - Happy Labor Day!)	Green Salad w/ Creamy Italian Spaghetti w/ Meat Sauce Hot Vegetables French Bread Garlic Butter Dessert Milk
<b>WEEK 2</b>	Cabbage Salad Chicken Broccoli Casserole Hot Vegetables Dinner Rolls Dessert Milk	Green Salad w/ Ranch Dressing Beef Tacos Refried Beans Spanish Rice Corn Tortillas/Salsa/ Tomato/Cheese HAPPY BIRTHDAY CAKE!!! Milk
<b>WEEK 3</b>	Egg Flower Soup Mandarin Chicken Fried Rice Stir Fry Vegetables Hawaiian Sweet Rolls Dessert Milk	Soup of the Day Baked Pork Loin Bread Dressing Pork Gravy Hot Vegetable Wheat Dinner Rolls Dessert Milk
<b>WEEK 4</b>	Green Salad w/ 1000 Island Fried Chicken Mashed Potatoes Country Gravy Hot Vegetable Biscuits Dessert Milk	Soup of the Day Beef Tips w/ Brown Gravy Pasta Hot Vegetable Dinner Rolls Dessert Milk

**Have a great September!**