

Independent Living Facilities

- **Independent Living Facilities target two (2) very different types of clients:**

- Seniors, age 55+ years, who function with little or no assistance with their Activities of Daily Living (ADLs) from outside help.
- Persons with long-term disabilities, between ages 18-64 years, who need assistance with the basic skills of daily living in order to live independently at home.

Standard List of Activities of Daily Living (ADL's):

- Bathing
- dressing
- eating
- getting in and out of bed or chairs
- walking
- going outdoors
- using the toilet
- preparing meals
- shopping for personal items
- obtaining and taking medications
- managing money
- using the telephone, or
- performing light housework

- **WHAT IS THE DIFFERENCE BETWEEN INDEPENDENT LIVING, ASSISTED LIVING, AND NURSING HOMES**

- Independent senior living facilities differ from continuing care communities that offer independent living along with multiple other levels of care, such as assisted living and skilled nursing, in one single residence.
- Independent living is a lower level of care than assisted living; it focuses on maintenance of independent living skills and making daily activities easier to perform or more convenient.
- Independent living communities are considered to be any form housing that is targeted to seniors over the age of 55.
- Independent living can include apartments as well as single family homes or townhouses.
- Typically there are activities planned for the members of the community as well as minimal assistance with yard work or other maintenance issues.
- Residents are seniors who do not require assistance with daily activities or skilled nursing but may benefit from convenient services, senior-friendly surroundings, and increased social opportunities that independent senior living communities offer.
- Nursing homes are for older adults who require skilled nursing care 24/7 and at a much higher level than those who reside in an assisted living community.
- Nursing homes provide staff nurses 24 hours a day; assisted living maintain staff (not necessarily nursing staff) 24 hours per day.

- **Types of independent living facilities and retirement homes**
 - There are many types of independent living facilities, from apartment complexes to separate houses, which range in cost and the services provided.
 - **Low-income or subsidized senior housing.**
In the U.S., there are senior housing complexes subsidized by the U.S. Department of Housing and Urban Development (HUD) for low-income seniors.
 - **Senior apartments or congregate care housing.**
These are apartment complexes restricted by age, usually 55 and older. Rent may include community services such as recreational programs, transportation services, and meals served in a communal dining room.
 - **Retirement homes/retirement communities**
Retirement communities are groups of housing units restricted for those over a certain age, often 55 or 62 and older. These housing units can be single-family homes, duplexes, mobile homes, townhouses, or condominiums. If you decide to buy a unit, additional monthly fees may cover services such as outside maintenance, recreation centers, or clubhouses.
 - **Continuing Care Retirement Communities (CCRCs)**
If you or your spouse are relatively healthy now, but anticipate significant health problems down the line, you may want to consider a CCRC. These facilities offer a spectrum of care from independent living to nursing home care in the same community. If residents begin to need help with activities of daily living, for example, they can transfer from independent living to an assisted living or skilled nursing facility on the same site. The main benefit of a CCRC is that you only need to relocate once to a new environment and can maintain your independence for as long as possible.
- Per Department of Housing & Urban Development (HUD) - a facility that is licensed as an assisted living facility and wishes to change the licensures of any number of beds to independent living beds would have to show that the property can accommodate independent living seniors and seek approval from HUD. HUD defines independent living based on ADL's.
- Per the Veterans Administration (V.A.) – The V.A. offers a temporary independent living program to veterans who meet certain qualifications and have a service connected disabilities.
 - The V.A. aims to assist veterans who need help in living independently and returning to the workforce.
 - 2,500 veterans a year are allowed to participate in this 2-month long program, which can be extended to last as long as 28 months.