

Residential Care Home – Educational Video Script
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Speaker:

Hello, thank you so much for contacting [A Place for Mom](#). We want to be your resource when researching the maze of senior housing options. We have Eldercare Advisors throughout the country who are ready and willing to help you.

In many states [Residential Care Homes](#) may be an option for senior housing. If you have Residential Care Homes consider yourself and your loved ones lucky as they can provide a very intimate homelike setting while still providing the services of a traditional assisted living environment.

History

Residential Care Homes are called many different things depending on the area of the country: Adult Family Homes, Personal Care Homes, Adult Foster Home, and Board & Care Home. But typically they all have the same things in common; they provide care for seniors in a homelike setting that's very much like a family.

Residential Care Homes became more popular in the 1980's. During that time many states started to see them as a viable option for seniors and began the survey and licensing process. Until that point these homes existed, but on a much smaller scale.

Size, Setting & What they do

At A Place for Mom we define [Residential Care Homes](#) as a home for 20 or fewer residents. These homes are usually in a neighborhood setting and blend with the other homes in the area. Some have been custom built to provide senior housing while the majority are remodeled homes. Either option typically has accommodations for residents with walkers and wheelchairs.

Because of the smaller size many Residential Care Homes have unique qualities or specialties. These may include but certainly aren't limited to: memory care, diabetes, residents who may have difficulty transferring from a bed to a wheelchair, residents with special diets, or residents who have language barriers.

The home provides each resident with a room similar to a bedroom. Some residents may share a room and may or may not have a private bathroom. Typically all meals are served in the dining room or kitchen of the home family style and residents have the use of all the homes areas including the living room, laundry and outdoor patio or garden areas.

The atmosphere is very family oriented- similar to what it might be if the senior lived with their own family. In some homes the owner lives on-site and may even have small children living with them along with the family pet. Residents are involved with many of the family's activities and can become extended family. There are also Residential Care Homes that are homelike but the owner and or operator live off site and they hire care staff to work shifts to provide 24-hour care.

This type of setting is excellent for residents who do not want to live in the larger community settings but still require assistance typical to an Assisted Living or Memory Care Community and their own home

is no longer a good option. Often times a Residential Care Home may even provide the [services](#) found in a Skilled Nursing Facility. The staff may assist with medications, help residents bathe, get dressed, use the restroom and many other daily tasks. Because of the homes' intimate setting many owners have chosen to specialize in a particular resident need thus customizing their home. This may include: diabetes care – including residents who require insulin injections, residents with memory loss, residents who require nursing services such as: wound care, colostomy bags, feeding tube or other various needs. Homes may be unique because of their chosen religion, language or the gender of senior they choose to assist - all men, all women or mixed.

Resident activities may involve board games, folding laundry, baking cookies, or preparing for the evening meal. Transportation may be included as part of the service the home provides, this may include doctor appointments, shopping, banking or to the local senior center.

Owner / Operators and Licensing.

The services provided are defined by the owner along with the state licensing agency. Each home must be licensed by the state in which it operates. Each state has unique operating guidelines for senior housing operators. Some states will allow more care, others less. The owner may have a health care background or may simply love seniors and want to open their home to care for them. The owner may live in the home or have 24-hour staff to respond to residents' needs. The staff working in the home may not always be licensed. Some homes may have a nurse on site, such as a Registered Nurse, Licensed Practical Nurse or a Certified Nursing Assistant.

Some owners and or their family members may operate several Residential Care Homes in a geographic area. Certain cultures have gravitated towards owning and operating Residential Care Homes. It's not uncommon to have owners who are from Eastern European countries, Hispanic, Philippines or other cultures. Many of these owners provided senior care in their own country and are continuing the service after moving to the United States. Often times the culture of the owner is a driving force in the dignity and respect they bestow on their residents

Care Level

The care level provided at Residential Care Homes can vary. Some homes may specialize in light care which may include residents who can still walk independently but need assistance with medication or bathing. High level care homes may include services such as colostomy bags, incontinence, memory care, injections, wound care, and more. Residents who live in a high acuity home require more attention from the staff. The staff to resident ratio is typically much higher than other senior housing options at these types of homes.

Often homes will work with local home health care agencies to supplement any care they cannot perform. Hospice providers are also typically involved with Residential Care Homes. Many owners of Residential Care Homes have a commitment to care for their resident to the end of their life. The resident can pass away in a setting where they're comfortable and cared for.

Price

Rates are usually based on a per month basis. The room charge will be combined with the care charges. A discount maybe offered if residents share a room. Some homes will have levels - such as low or high care, while others will base their rates on a point system. The monthly charge typically includes: 3 meals per day, utilities, housekeeping, laundry services, activities, and possibly transportation. Care

level charges will be determined after the resident's needs have been assessed by the owner and or operator.

What to Look for in a Residential Care Home

When touring Residential Care Homes it's important to think about your loved one. Would they feel comfortable in the home? Do they have the same needs as some of the other residents? Making friends and having relationships with other residents is a very important social aspect. What activities are important to your loved one and does the home offer them as an option, or could they?

Does the care level provided in the home meet your loved one's needs now and in the future? Are you comfortable with the staff to resident ratio during all hours of the day? You may also ask to see the home's most recent state survey. Several state licensing agencies have web-sites the public can review.

Will there be a language barrier? If so, are you and your loved one comfortable with this?

Is the location convenient to you, as well as other family members and the senior's friends? You'll want to make it as easy as possible to stop by and see the senior often.

Can the senior afford the Residential Care Home? What about future charges if their care level increases? Talk with your Eldercare Advisor about possible Veterans Administration benefits, long term care insurance and other possible financial supplements.

Here at A Place for Mom we hope this information has been helpful in guiding you through a senior housing option you might not have been familiar with. Please contact your Eldercare Advisor or A Place for Mom at 1-877-666-3239 or advisor@aplaceformom.com if you have any additional questions.

Best wishes to you and your family.