



What's the difference between nursing homes, assisted living facilities, rest homes, and family care homes?

In providing care for your loved one living with dementia, different facilities meet different needs. It's important to determine the correct level of care for your loved one.

Determine the best care facility to meet the needs of your loved one.

NURSING HOMES

Nursing homes provide up to 24-hour nursing care in addition to assistance with personal care needs such as bathing, dressing, and eating. The care provided may be long-term care for chronic conditions or short-term rehabilitative services for people who have been hospitalized. A person may be eligible to receive Medicaid to help pay for the costs even if they own their own home or have someone living in the home such as a spouse.

Nursing facilities must be licensed in accordance with North Carolina state law by the NC Division of Health Service Regulation. In addition, nursing homes that wish to receive Medicare and Medicaid reimbursement must be certified in accordance with federal law. Nursing homes that are Medicare and Medicaid certified receive annual licensure inspections by the Division of Health Service Regulation.

ADULT CARE HOMES

Adult care homes, also known as “assisted living facilities”, “rest homes”, “family care centers”, or “domiciliary homes”, provide care for persons aged 18 and older who do not need nursing home care but are no longer able to remain in their own homes because they need help in meeting daily needs, such as meal preparation and housekeeping. Adult care homes are for people who only need occasional and incidental medical services. Room and board, personal assistance, supervision of medications and social activities are provided. Monthly cost and rates vary from facility to facility and supplemental assistance may be available through Medicaid Special Assistance to cover the cost for those with limited incomes. Information on assistance may be obtained through the local Department of Social Services.

Assisted living is a term used to refer to adult care homes that can have seven or more residents.

Family care homes generally have between two and six residents. These smaller homes may (but do not always) limit their residents to men only, women only, or young disabled adults only.

The terms “rest home” and “domiciliary home” are no longer generally used.