

Types of Assisted Living

This list is only a general guide. As you begin to look at housing options, you will learn the names used in your community. The focus of this fact sheet is on ***assisted living facilities (ALFs)***.

Names/Types of Facilities	Characteristics
<ul style="list-style-type: none"> • Personal Care Homes • Sheltered Housing • Homes for Adults • Board and Care • Domiciliary Care • Adult Foster Care • Senior Group Homes 	<p>Facilities using these names tend to be smaller (fewer than 10 individuals) and less expensive. Many of these are in traditional homes in residential neighborhoods. Shared bathrooms, bedrooms and living spaces are the norm.</p>
<ul style="list-style-type: none"> • Residential Care Facilities • Assisted Living Facilities • Adult Congregate Living 	<p>Facilities within this grouping tend to be larger, more expensive, and specifically designed to house the frail elderly or persons with disabilities, with an emphasis on independence and privacy. Most offer private rooms or apartments along with large common areas for activities and meals.</p>
<ul style="list-style-type: none"> • Continuing Care Retirement Communities • Life Care Facilities 	<p>These are usually large complexes that offer a variety of options ranging from independent living to skilled-nursing home care. These facilities are specifically designed to provide life-time care within one community. Facilities within this category tend to be the most expensive option.</p>