

## Overview of Care Options

Below is an overview of the types of services and facilities available to help meet you or your loved one's dementia care needs. It can be difficult to decide what kind of care is best for you. Important things to consider include: personal preferences, safety issues, stress level, and available social support and financial resources. We hope that this table will help you understand your options. Please call your Care Team Navigator (CTN) if you have any questions or would like to talk to someone about your needs.

Types of Care	Options Available	Cost and Resources
<p><b>Help in Your Home</b></p>	<ul style="list-style-type: none"> <li>• Home delivered meals</li> <li>• Shopping, errands, housekeeping</li> <li>• Social companion, supervision</li> <li>• Help with personal care</li> <li>• Short-term rehabilitation services (Occupational, Speech, and Physical therapy)</li> <li>• Live-in Caregiver</li> <li>• <a href="#">Case Management</a> (Coordinating medical and social care to support living at home)</li> <li>• <a href="#">Palliative Care Services</a> (Available through some insurance companies)</li> </ul>	<p><b>Free:</b> <a href="#">Volunteers</a>, <a href="#">Senior Center Without Walls</a>, family/friends, support groups, one-time respite grants</p> <p><b>Programs:</b> <a href="#">In-Home Supportive Services (IHSS)</a>, Veterans Benefits (<a href="#">Aid &amp; Attendance pension</a>, <a href="#">Home Health Aide</a>, <a href="#">Respite</a>), <a href="#">Multipurpose Senior Service Program (MSSP)</a>, <a href="#">Programs for All-Inclusive Care for the Elderly (PACE)</a>, <a href="#">Community Living Fund</a>.</p> <p><b>Private Pay Services:</b> Housekeeping (\$20–\$30 per hour), Caregiving (\$20–\$30 per hour), Meal delivery (\$10–\$25 per meal), Case Management (\$120–\$150 per hour)</p>
<p><b>Help in the Community</b></p>	<ul style="list-style-type: none"> <li>• Transportation services</li> <li>• <a href="#">Congregate Meals</a></li> <li>• Dementia Activity Programs</li> <li>• <a href="#">Senior Centers</a></li> <li>• <a href="#">Adult Day Care</a> (non-medical)</li> <li>• <a href="#">Community Based Adult Services</a> (medical—Adult Day Health Care)</li> </ul>	<p><b>Free:</b> <a href="#">Senior Centers and Activity Centers</a>, <a href="#">Free Muni</a></p> <p><b>Programs:</b> <a href="#">Public transportation</a>, <a href="#">Paratransit</a>, <a href="#">Aging and Disability Resource Centers</a> (ADRC Information and assistance line), <a href="#">Veteran Adult Day Care Benefit</a>, <a href="#">Programs for All-Inclusive Care for the Elderly (PACE)</a>, <a href="#">Medi-Cal</a></p> <p><b>Private Pay:</b> Taxis, <a href="#">Specialized door-to-door transportation</a>, Ride-Sharing Apps, Dementia Activity Programs (<a href="#">\$35 per group event</a>, <a href="#">\$70/hour individual</a>), Adult Day Program (\$75–\$150/day)</p>

<p><b>Senior Housing:</b> Accessible apartments, condos, or small homes. Additional services may be included, such as communal dining or activities.</p>	<ul style="list-style-type: none"> <li>• Senior apartments</li> <li>• Retirement communities</li> </ul>	<p><b>Programs:</b> <a href="#">Affordable Housing</a>, <a href="#">Housing Choice Voucher</a> (Section 8)</p>
<p><b>Assisted Living Facilities (ALF) or Residential Care for the Elderly (RCFE):</b> Non-medical facilities that offer supervision, meals, activities, assistance with basic personal care, and medication administration.</p>	<ul style="list-style-type: none"> <li>• Board and Care Homes (4–6 beds)</li> <li>• Assisted Living Facilities (16+ beds)</li> <li>• Memory Care Units (secured or alarmed units)</li> <li>• Part of Continuing Care Retirement Communities</li> <li>• These facilities are not required to have doctors, nurses, or certified nursing assistants on staff.</li> </ul>	<p><b>Programs:</b> Veterans benefits (<a href="#">Aid &amp; Attendance pension</a>, <a href="#">Veterans Home</a>), <a href="#">Assisted Living Waiver</a> (limited availability in Northern CA)</p> <p><b>Private Pay:</b> Assisted Living (\$4,000+/month), Memory Care (\$4,500+), Board and Care Homes (\$3,000–\$5,000/month)</p>
<p><b>Nursing Home or Skilled Nursing Facility:</b> Medical facilities that offer short-term and long-term personal, medical, and rehabilitative care.</p>	<ul style="list-style-type: none"> <li>• Personal care (incontinence, bathing, eating) provided by certified nursing assistants.</li> <li>• Medication administration, health monitoring, and some medical treatments such as wound care provided by licensed nursing staff.</li> <li>• Resident activities programs</li> <li>• Therapeutic rehab services (Physical Therapy, Occupational Therapy, Speech Therapy) to maintain or improve function.</li> <li>• Care is supervised by a doctor.</li> </ul>	<p><b>Programs:</b> Medicare (Short-stay rehab after hospitalization, up to 100 days), Medicaid, Veterans benefits (<a href="#">Veterans homes</a>, <a href="#">Community Living Centers</a>), <a href="#">Long Term Care Insurance</a></p> <p><b>Private Pay:</b> \$7,600 per month on average in CA</p>
<p><b>End-of-life care:</b> Patient and family oriented medical care to provide symptom relief including pain control, counseling, and grief support during the last six months of life.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Residential Hospice</a> (may not be covered by Medicare)</li> <li>• In-Home Hospice</li> <li>• <a href="#">Hospice in Long Term Care Facility</a></li> <li>• In-Hospital Hospice (if needed for symptom management)</li> </ul>	<p><b>Programs:</b> <a href="#">Medicare benefit</a>, private health insurance benefit</p>

**Additional Information:**

Family Caregiver Alliance: Community Care Options: <https://www.caregiver.org/community-care-options>