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Senior Living at a Glance: Comparing Your Options

Understanding the different types of support available can help individuals and families ask informed questions and find a setting that fits their needs, preferences, and lifestyle.

Services, eligibility requirements, and pricing vary by provider, community, and location. The descriptions on the following pages are general guidance.

Option	Whom it may fit	Typical support
Independent Living	Independent seniors seeking convenience, activities, and fewer household responsibilities	Housing, amenities, dining options, maintenance, and social opportunities; personal care is generally separate.
Assisted Living	People who benefit from regular help with daily activities	Personal care and supervision based on assessed needs, along with meals and everyday services.
Memory Care	People living with dementia who need specialized support and a secure setting	Dementia-informed routines, personalized assistance, engagement, and safety-focused surroundings.
Short-Term Rehabilitation	People recovering after illness, injury, surgery, or hospitalization	Time-limited nursing and rehabilitation therapies, based on medical needs.
Home Health & In-Home Support	People who can remain at home with additional help	Skilled clinical visits and/or nonmedical assistance, depending on the provider and service.

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Understanding Senior Living - *A Practical Guide to Your Options*

Independent Living

Independent Living is designed for adults who want to maintain their independence while enjoying a simpler daily routine. Residents typically live in private apartments and have opportunities to participate in activities, connect with neighbors, and use convenient community services.

What May Be Included

Common offerings may include dining plans, housekeeping, maintenance, scheduled transportation, fitness programs, social activities, and emergency response features. The number and type of services included in monthly rent vary.

When to Consider It

Independent Living generally works best for people who can manage everyday activities safely on their own or with separately arranged support. Age and admission requirements vary by community.

Assisted Living

Assisted Living provides a residential setting with personalized support for people who need help with some activities of daily living. The goal is to support safety, comfort, and as much independence as possible.

What May Be Included

Depending on an individual care plan, assistance may include bathing, dressing, grooming, mobility, medication support, and other daily needs. Meals, housekeeping, laundry, and activities are also commonly offered.

When to Consider It

Before moving in, an assessment helps determine whether the community can safely meet the person's needs and what services are appropriate. Care plans are reviewed as needs change.

Memory Care

Memory Care offers specialized support for individuals living with Alzheimer's disease or other forms of dementia. Programs and environments are designed to encourage comfort, familiarity, meaningful engagement, and safety.

What May Be Included

Services may include assistance with daily activities, medication support, structured routines, dementia-informed activities, and secure indoor or outdoor spaces. Staff training and staffing practices are important questions to ask.

When to Consider It

Memory Care may be appropriate when memory-related changes affect safety, decision-making, daily routines, or the level of support family members can provide.

Short-Term Rehabilitation

Short-Term Rehabilitation is intended for people recovering from an illness, injury, surgery, or hospital stay who need focused, temporary support before returning home or transitioning to another setting.

What May Be Included

Depending on medical needs, services may include skilled nursing, physical therapy, occupational therapy, speech therapy, and discharge planning.

When to Consider It

Admission typically depends on clinical needs, provider capabilities, and insurance or payment arrangements. Ask about therapy goals, expected length of stay, and the plan for returning home.

Home Health and In-Home Support Services

Additional support can help a person continue living in their own apartment or home. Two commonly used terms describe different kinds of services.

What May Be Included

Home Health generally refers to clinical services such as skilled nursing or therapy, often ordered by a healthcare professional. In-home supportive or personal care services may include help with bathing, dressing, meal preparation, companionship, or everyday tasks.

When to Consider It

Service availability, eligibility, payment, and frequency vary. Ask whether services are medical or nonmedical, who provides them, and how they coordinate with the resident's other care.

Understanding Levels of Assisted Living Care

In Arizona, Assisted Living services are commonly described using supervisory, personal, and directed care classifications. These classifications relate to the type of assistance a provider is licensed to deliver. A community's pricing or service packages may use different names, so ask how its service levels relate to the care a resident actually needs.

Supervisory Care | Level 1: General oversight and assistance with arranging services, along with support appropriate to the resident's assessed needs.

Personal Care | Level 2: Hands-on help with activities of daily living and other personal needs, as permitted by the provider's license.

Directed Care | Level 3: Support for individuals who may be unable to recognize danger, express needs, make basic care decisions, or summon assistance without help.

Questions to Ask as You Compare Communities

- Which levels of living and care are offered at this location?
- What is included in monthly rent, and what services cost extra?
- How are care needs assessed, and how often are care plans updated?
- What happens if a resident's needs change?
- What training do caregivers receive, particularly for dementia support?
- Which healthcare and in-home services are available on-site or through outside providers?
- What are the admission requirements, and what payment options are accepted?

A Note About Continuing Care Communities

Some senior living campuses offer multiple levels of living and care, allowing residents to access additional support as their needs change. The term "continuing care retirement community" (CCRC) can have specific meanings and contract structures, including entrance-fee and rental models. Ask each community which services are available, how transitions work, and whether any entrance fee applies.

Find the Support That Fits

Every person's situation is different. Consider current needs, personal preferences, desired activities, family involvement, and the possibility of changing care needs. A community tour and a conversation with the care team can help you understand your options.