Senior Living Options

CARE Connection

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What Type of Senior Living Is Right for Me?

Understanding Your Options

Every person is unique—and so are their care and lifestyle needs.
Use this guide to understand the most common senior living options.

INDEPENDENT LIVING

Community living for generally independent older adults who want convenience, activities, meals and fewer household responsibilities. Personal care is generally not included as part of independent living.

Think about:
Do I need care—or mainly convenience and community?

ASSISTED LIVING

Housing plus support with daily activities such as bathing, dressing, medications and mobility. Care levels vary by community.

Think about:
Do I need help with daily activities?

RESIDENTIAL ASSISTED LIVING HOME

(sometimes called a group home)

A smaller residential home providing assisted living services to a limited number of residents. Offers a more home-like setting with personalized care.

Think about:
Would I prefer a smaller, home-like environment?

MEMORY CARE

Specialized assisted living designed for people living with Alzheimer's disease or other dementias, with added structure, supervision, security and dementia-focused support.

Think about:
Is dementia affecting safety or daily functioning?

SKILLED NURSING FACILITY (SNF)

24-hour licensed nursing care for people with significant medical or rehabilitation needs. May be short-term rehabilitation or long-term nursing care.

Think about:
Do I need ongoing nursing care or rehabilitation?

CONTINUING CARE RETIREMENT COMMUNITY (CCRC) / LIFE PLAN COMMUNITY

A campus that may offer multiple levels of living—from independent living through assisted living and sometimes memory care or skilled nursing—allowing residents to transition as needs change.

Think about:
Do I want access to different levels of care as my needs change?

YOU MAY ALSO HEAR...

55+ / ACTIVE ADULT / LIFESTYLE LIVING
Age-qualified housing centered on independent living, amenities and social activities. Care services generally aren't included.

COTTAGE / VILLA LIVING
A residential style offering a more private, home-like setting within some senior communities. Availability varies by community.

The right choice isn't determined by age alone.
Consider health, safety, independence, social needs, finances and how much assistance is needed today—and may be needed tomorrow.

We're here to help you explore options and find the best fit.

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