

# Selecting an Assisted Living Community

When choosing an assisted living community, consumers should review the following criteria:

- Is the management experienced?
- Are staff members friendly?
- Do staff members treat each other in a professional manner?
- Does staff have genuine concern and respect for the residents?
- Are the residents and families happy and satisfied?
- Is there sufficient staff to meet scheduled and unscheduled needs?
- Is the community clean and comfortable?
- Is this a place children would like to visit?
- Are meals appealing and well balanced?
- What health and wellness services are available?
- Is the location convenient to friends and family?
- Are there enjoyable activities planned for residents?
- What are the residency criteria?
- Does the facility offer "aging-in-place", Alzheimer's care, or other specialized services?
- Does the residence meet local and/or state licensing requirements?
- Considering all...will assisted living improve the quality of life?

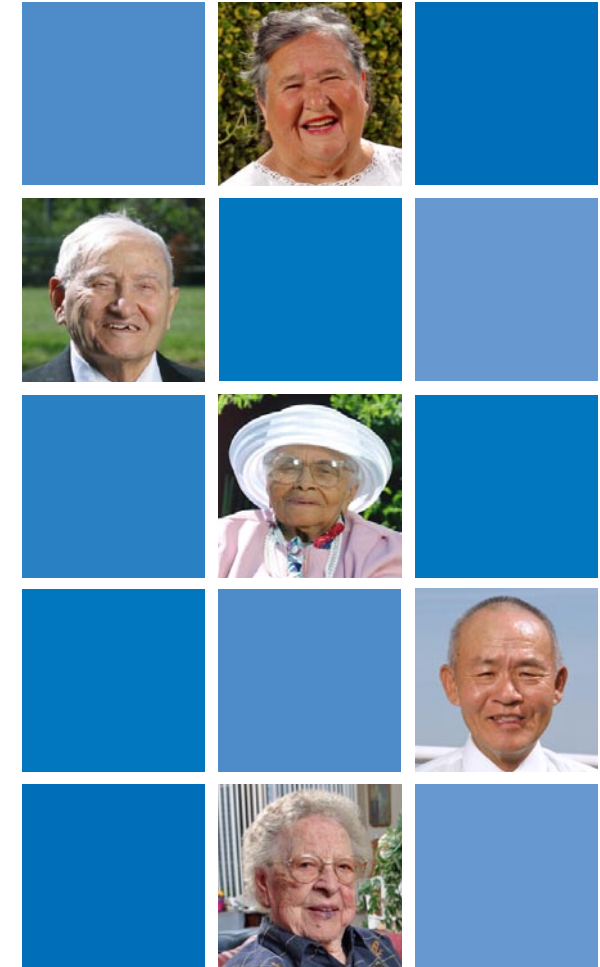
Please visit our website, [www.esaal.org](http://www.esaal.org), for more information about choosing the right assisted living community.

# Empire State Association of Assisted Living

Since 1979, the Empire State Association of Assisted Living (ESAAL) has been dedicated to strengthening New York State's assisted living industry and promoting the best interests of providers and residents. ESAAL is a not-for-profit organization that serves more than 240 Assisted Living Residences, Adult Homes and Enriched Housing Programs throughout New York State. These member residences are home to more than 20,000 elderly people. ESAAL is widely recognized by New York State government as the voice for assisted living, and is committed to ensuring access to quality care for all New Yorkers.

For more information about ESAAL and our member residences, visit our website at [www.esaal.org](http://www.esaal.org) or call (518) 371-2573.

# Assisted Living in New York State



## What is Assisted Living?

Assisted living residences combine housing with personalized services and healthcare assistance. They promote independence while providing care and support in a warm, home-like residential setting. Staff is available 24 hours to meet both scheduled and unscheduled needs.

## Who is Assisted Living for?

Assisted Living is designed for those who are at a point in their life where it is too difficult or not safe to live alone. It is for people who need some assistance with everyday activities such as bathing or dressing but do not need 24-hour medical care.

## What Services are Provided?

Services and care are provided in a way that promotes maximum independence and dignity for residents. Personal care services such as assistance with bathing, dressing and medication are available. Assistance is given in response to each resident's individual needs in order to improve their quality of life.

Services usually include:

- Three meals served daily
- Housekeeping
- Medication management
- Assistance with bathing and dressing

- 24-hour staff
- Emergency call system in each room or suite
- Laundry service
- Social and recreational programs

Some residences also offer respite care and social day care for those needing shorter stays.

## What are the Differences between New York State's Three Assisted Living Models?

New York has three models of assisted living – **adult homes, enriched housing programs, and assisted living residences** – they all serve the same types of residents and provide substantially similar services. Resident rooms vary among facilities; enriched housing programs generally provide apartment-style living and adult homes provide private or semi-private rooms without kitchens. The law requires that enriched housing programs provide only some supervision and some meals; however, most providers elect to provide 24-hour supervision and all meals like their adult home counterparts.

## How Do These Facilities Differ from Nursing Facilities?

Individuals in adult homes, enriched and assisted living facilities do not require 24-hour skilled nursing or medical services. They generally need

support with activities of daily living or assistance with medications.

## Who Pays for Assisted Living? Are there Programs that Can Help?

Costs vary from residence to residence. The following factors should be considered: types of services, size of accommodation, location of community, etc. Most assisted living residences charge monthly rates and have daily rates for short-term stays. Some also charge a one-time entrance fee to cover community amenities.

### *Individual private pay*

The majority of people in New York today pay privately for assisted living. However, some long-term care insurance policies offer coverage for some of the costs associated with assisted living. Coverage provisions vary widely, so it is important to review policies carefully.

### *Supplemental Security Income (SSI)*

For those who qualify based on income and assets, Congregate Care Level III SSI will pay for base-rate adult home and enriched housing program services. Some providers, but not all, will accept SSI as payment in full.

### *Aging in place programs*

There are a number of aging-in-place licensed programs within New York State's assisted living models. Aging in place programs give the assisted living residences the flexibility to retain

residents who may otherwise need more specialized services.

A limited number of residences are licensed to operate what is called an Assisted Living Program (ALP), which provides Medicaid funding for eligible residents that would otherwise reside in a nursing home.

Other specialized programs such as the Enhanced Assisted Living Residence (EALR) and the Special Needs Assisted Living Residence (SNALR) are not Medicaid eligible. The only payment options are a person's individual funds and/or a long term care insurance policy.

## Can Assisted Living Residences Accommodate Individuals with Alzheimer's Disease or Other Cognitive Impairments?

Residences can provide a structured setting for residents who are experiencing memory loss and other symptoms of early Alzheimer's disease and related dementia. These individuals are integrated into the general population of the residence. However, as the dementia or Alzheimer's disease progresses, individuals may develop the need for more specialized services offered by assisted living facilities with a special needs certification.