

The services and housing summarized below are options for California’s continuum of care — from help at home through fulltime intensive nursing in a facility.

Developmentally Disabled

What It Is: Intermediate care facilities for the developmentally disabled (“ICF/DDs”) provide housing and meals to people of all ages who, because of their mental or physical conditions, need continuous care and supervision. Some nursing care may be offered — commonly, care that cannot be given easily at home, such as for tracheotomies, tube feeding, and catheters.

Cost: \$175 to \$200 daily

Payment Accepted: Medi-Cal

How Regulated: Licensing by the California Department of Public Health

Nursing Facilities

What It Is: Provide housing and meals, along with personal care, social services, and skilled and intensive nursing care for people whose physical or behavioral conditions make it difficult for them to live alone.

Cost: Averages \$6,700 monthly

Payments Accepted: Medicare, Medi-Cal, and private pay

How Regulated: Licensing and monitoring by the California Department of Public Health

Residential Care

What It Is: Commonly called assisted living, community care, board and care, or continuing care retirement communities, these facilities range in size from small homes to large campuses. The services provided vary, also, but most offer medication management, social activities, housekeeping, meals, and transportation. They are best suited those who need assistance with basic activities such as dressing and bathing, but do not require skilled nursing care.

Cost: Averages \$3,500 monthly, with extra fees for pre-admission and special services

Payments Accepted: Private pay

How Regulated: Licensing and monitoring by the California Department of Social Services

Adult Day Care

What It Is: Provides protective supervision by trained aides for several hours daily. They provide clients with limited health monitoring, mind and body exercise, social activities, meals, transportation, and support services. They offer a safe environment for people with physical or

mental disabilities, as well as respite for the regular caregivers. Social services are generally not provided by this option, nor are nursing, occupational, physical or speech therapies.

Cost: \$60 to \$120 daily; sliding scale based on income is sometimes available

Payment Accepted: Private pay

How Regulated: Licensing by the California Department of Social Services

Adult Day Health Care

What It Is: Provides coordinated medical and social care aimed at preventing or delaying placement in a nursing home or other more expensive care setting, while giving caregivers respite from their responsibilities. Most clients attend three days per week, from four to eight hours per day, and have a chronic condition such as Alzheimer's or dementia, post-stroke complications, cardiovascular or neurological diseases, head or spinal cord injuries, developmental disabilities, or mental illness.

Cost: \$65 to \$150 daily; may offer sliding scale fees based on income level

Payments Accepted: Medi-Cal or private pay

How Regulated: Licensing by the California Department of Public Health

Home Health Care

What It Is: Provides people who have chronic health conditions or those recovering from an illness or hospitalization with the help needed to remain living at home. The care can include simple help with bathing and preparing meals to rehabilitation services to skilled nursing.

Cost: \$300 to \$900 per month for parttime help; \$8,000 monthly for fulltime care

Payments Accepted: Medicare, Medi-Cal, and private pay

How Regulated: Licensing by the California Department of Public Health

Hospice

What It Is: Nurtures terminally ill patients — those with a prognosis of six months or less — in your home or in a care facility. The goal is to control pain and symptoms rather than to cure the illness. Hospice caregivers help with the patient's daily activities and medical needs and also with the psychological and spiritual needs when facing the end of life.

Cost: Free to \$150 daily

Payments Accepted: Medicare, Medi-Cal, and private pay

How Regulated: Licensing by the California Department of Health Care Services