



CEN/TC 449  
Quality of care for elderly people in ordinary or residential care facilities

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### **Assisted living**

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## **What is assisted living?**

Assisted living is a residential option for older persons who want or need help with some of the activities of daily living—things like cooking meals, getting to the bathroom in the middle of the night, keeping house, and traveling to appointments.

Other common names for assisted living include:

Residential care

Board and care

Congregate care

Adult care home

Adult group home

Alternative care facility

Sheltered housing

An assisted living facility may be a good choice if the older person need more personal care services than she/he can get at home or an independent living retirement community, but don't need the round-the-clock medical care and supervision of a nursing home.

Assisted living facilities offer the safety and security of 24-hour support and access to care. Day or night, help is only a phone call away. However, privacy and independence are encouraged. A good facility will develop a personalized plan that meets the older persons needs and accommodates her/his disabilities, while giving the freedom to do what the older person can for her/himself. In general, assisted living is in a residential type facility, ranging from converted homes or apartment complexes to renovated schools. Some provide apartment-style living with scaled down kitchens, while others provide rooms. Most facilities have a group dining area and common areas for social and recreational activities.