



# Aging--Nursing Homes and Long-Term Care

"Long-term care" is defined as helping people of any age with their medical needs or activities of daily living over a long period of time. Long-term care can be provided at home, in various types of facilities or in the community such as assisted living, board and care homes, and continuing care retirement communities.

While most long-term care is provided at home, nursing homes provide the most comprehensive range of services for people who cannot be cared for at home, including skilled nursing care, rehabilitation services, help with activities of daily living, and 24-hour supervision. They provide skilled nursing care, rehabilitation services, meals, and help with activities of daily living. In addition, many nursing homes also offer temporary or respite care.

## Nursing Homes

### Administration for Community Living (ACL)

[www.acl.gov](http://www.acl.gov)

Funded by the [U.S. Administration for Community Living](http://www.aoa.gov/) (including AoA(<http://www.aoa.gov/>) as of April 2012), the Community Living Program (CLP), formerly known as Nursing Home Diversion (NHD), assists individuals who are at risk of nursing home placement and at risk of spending down their financial assets to receive home and community-based services that will enable them to continue to live in the community. The program supports the Aging Services Network to transform the funding they receive under the Older Americans Act, or other non-Medicaid sources, into flexible, consumer-directed service dollars to support individuals to live in home and community-based settings. Please note these funds are not given directly to individuals but filtered through state-based agencies.

### Eldercare Locator

<https://eldercare.acl.gov/Public/Index.aspx/>

Phone: 800-677-1116

Provides info on aging programs and resources.

**American Association of Retired Persons (AARP)**

<http://www.aarp.org>

601 E. St., N.W.

Washington, DC 20049

Phone: 800-687-2277

AARP is a membership organization which provides many resources of interest to seniors.

**American Association of Retired Persons: Nursing Home Life: A Guide for Residents and Families**

A free 44-page publication which includes first-hand accounts from residents and family members. Topics include adjusting to nursing home life; services and staff; getting what you need; and dealing with poor care. Has useful appendices and resource lists.

**California Advocates for Nursing Home Reform (CANHR)**

[www.canhr.org](http://www.canhr.org)

<https://canhr.org/fact-sheets-english/>

Phone: 800-474-1116

Provides info and factsheets on nursing homes and consumer rights, some of the materials may apply only to California.

**Centers for Medicare & Medicaid Services**

<http://www.medicare.gov>

7500 Security Blvd

Baltimore, MD 21244-1850

Phone: 800-MEDICARE (800-633-4227)

TTY: 877-486-2048

The office of the U.S. government that is responsible for administering the Medicare and Medicaid programs. They have info on nursing homes.

**Centers for Medicare & Medicaid Services: Your Guide to Choosing a Nursing Home or Other Long-Term Care Services and Supports**, Revised May 2018

<https://www.medicare.gov/pubs/pdf/02174-nursing-home-other-long-term-services.pdf>

48 page booklet available for free in PDF format. Published by the Centers for Medicare and Medicaid Services, this publication has sections on gathering information, visiting nursing homes, and residents' rights and quality of life. Includes phone lists for State ombudsmen, State survey agencies, and insurance counseling.

**Centers for Medicare & Medicaid Services: Nursing Home Checklist**

<https://www.medicare.gov/NursingHomeCompare/checklist.pdf>

**Centers for Medicare & Medicaid Services: Nursing Home Compare**

<http://www.medicare.gov/nhcompare/home.asp>

A website created by the Centers for Medicare and Medicaid Services, which runs Medicare and Medicaid. This site helps you locate nursing homes in your area. It also has inspection records for nursing homes that receive Medicare or Medicaid funds.

**Centers for Medicare & Medicaid Services:** press release on worst-performing nursing home

<http://www.cms.hhs.gov/apps/media/press/release.asp?Counter=2672&intNumP&intPage=10&checkDate=&checkKey=&srchType=1&numDays=3500&srchOpt=0&srchData=&srchOpt=0&srchData=&keywordType=All&chkNewsType=1%2C+2%2C+3%2C+4%2C+5&intPage=&showAll=&pYear=&year=&desc=&cboOrder=date>

**Justice in Aging** (formerly the National Senior Citizens Law Center) has a resource called “25 Common Nursing Home Problems and How to Resolve Them.”

<http://www.justiceinaging.org/>

[https://www.justiceinaging.org/wp-content/uploads/2019/01/25-Common-Nursing-Home-Problems-and-How-to-Resolve-Them\\_Final.pdf](https://www.justiceinaging.org/wp-content/uploads/2019/01/25-Common-Nursing-Home-Problems-and-How-to-Resolve-Them_Final.pdf)

## Long-Term Care

**AARP: Long Term Care Calculator**

<http://www.aarp.org/relationships/caregiving-resource-center/LTCC/?intcmp=FTR-LINKS-CRGVNG-LTCC-EWHERE>

**Adult Day Care**

<https://www.seniorcare.com/adult-day-care/>

Provides info on adult day care as well as a locator by zip code of facilities that provide adult day care.

**Assisted Living Facilities**

<https://www.seniorcare.com/assisted-living/>

Provides information on assisted living as well as a nationwide locator (by zip code) of facilities.

**Home Health Care Agencies**

<https://www.seniorcare.com/home-care/>

Provides info on home health care as well as a locator by zip code or state.

**Long Term Care.gov: National Clearinghouse for Long-Term Care Information**

<https://acl.gov/ltc>

Provided by the Administration for Community Living.

**Long Term Care Community Coalition**

<https://nursinghome411.org/>

One Penn Plaza, Suite 6252

New York, NY 10119

Phone: 212-385-0355

Identifies and discusses the major consumer priorities and presents recommendations on how the long-term care system can better serve consumer.

### **Long Term Care Provider**

<http://www.longtermcareprovider.com/>

Provides info for professionals who work in long term care facilities.

### **Medicare.gov: Physician Compare**

<http://www.medicare.gov/find-a-doctor/provider-search.aspx>

A searchable database of physicians and other healthcare providers who accept Medicare.

### **National Care Planning Council**

[http://www.longtermcarelink.net/eldercare/long\\_term\\_care.htm](http://www.longtermcarelink.net/eldercare/long_term_care.htm)

PO BOX 1118

Centerville, UT 84014

Phone: 801-298-8676

Toll Free: 800-989-8137

NCPC is dedicated to helping families recognize the need for long term care planning and to helping implement that planning. Provides materials to educate people on the need for long term care planning.

### **National Consumer Voice for Quality Long Term Care aka The Consumer Voice**

<http://theconsumervoice.org/>

1025 Connecticut Avenue, NW, Suite 1000

Washington, DC 20036

Phone: 202-332-2275

Email: [info@theconsumervoice.org](mailto:info@theconsumervoice.org)

A primary source of information and tools for consumers, families, caregivers, advocates and ombudsmen to help ensure quality care for the individual by representing consumers in issues related to long-term care, helping to ensure that consumers are empowered to advocate for themselves.

### **National Long Term Care Ombudsman Resource Center**

<https://ltcombudsman.org/>

This resource center can help you locate the ombudsmen in your state. Ombudsmen advocate for the rights of people living in long-term care facilities and nursing homes.

### **NIH Institute on Aging: What is Long Term Care?**

<https://www.nia.nih.gov/health/what-long-term-care>

The website has a section on long-term care. Long-term care involves a variety of services designed to meet a person's health or personal care needs for either a short or long period of time. These services help people live as independently and

safely as possible when they can no longer perform everyday activities on their own. Provides information on long-term care, home-based services and community-based services.

### **The SCAN Foundation**

[www.thescanfoundation.org](http://www.thescanfoundation.org)

3800 Kilroy Airport Way, Suite 400

Long Beach, CA 90806

Toll-free: 888-569-7226

Email: [info@theSCANFoundation.org](mailto:info@theSCANFoundation.org)

Promotes aging with dignity and independence by advancing the cause of a coordinated and easily navigated system of high-quality of services for older adults.

### **Senior Guidance**

<https://www.seniorguidance.org/>

SeniorGuidance.org provides comprehensive resources on various senior living options, including assisted living facilities, senior living communities, nursing homes, independent living communities, continuing care retirement communities (CCRC) and all other long term senior care options. Provides a zip code look up of facilities for seniors as well as a state-by-state option.

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