



Family
Caregiver
Alliance®

5 Types of Residential Care

If you're considering residential housing for an elder or ailing family member, you may feel overwhelmed by your options. Here, we break down five types of outside-the-home care found in most urban and suburban communities.



Board and Care Homes

Called by many different names, these homes offer non-medical and personal care for fewer than six residents in a shared, home-like setting.

Continuing Care/Multi-Level Retirement Communities

These offer all levels of care, from independent living to skilled nursing. There may be a lifetime contract for care within the facility.



Assisted Living/Residential Care Facilities

— Large, non-medical facilities built for housing up to several hundred residents. Most offer levels of care, like independent or assisted living, and more.

Memory Care/Dementia Facility

Memory care provides specialized care for those with cognitive impairments such as Alzheimer's disease or similar conditions.



Skilled Nursing Facilities

Also known as Nursing Homes, Convalescent Hospitals, or Rest Homes, these are medical facilities with 24-hour nursing supervision.

Want to Learn More? For more about residential care, check out our **Residential Care Options: Housing Options** fact sheet at caregiver.org/resource/residential-care-options-housing-options.

