**Overview of Care Options**

This is an overview of the types of services and care available to help meet you or your loved one’s dementia care needs. It can be difficult to decide what kind of care is best for you. Important things to consider include personal preferences, safety issues, stress level, and available social support and financial resources. Please call your Care Team Navigator (CTN) if you have any questions or would like to talk to someone about your needs.

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| **Types of Care** | **Options Available** | **Cost and Resources** |
| **Help in Your Home** | * Home delivered meals * Shopping, errands, and housekeeping * Social companion, supervision * Help with personal care * Short-term rehabilitation services (Occupational, Physical and Speech Therapy) * Live-in Caregiver * Home Assessment/Fall Prevention * Case Management (coordinating medical and social care to support living at home) * Caregiver Support | **Free:** [Volunteers](http://littlebrotherssf.org/), [Covia/Well Connected/Front Porch](https://covia.org/programs/well-connected/) family/friends, support groups, respite grants  **Programs:** [In-Home Supportive Services (IHSS)](https://www.cdss.ca.gov/agedblinddisabled/res/FactSheets/IHSS_Program_Overview_Color.pdf), [Multipurpose Senior Services Program (MSSP)](https://www.ioaging.org/services/multipurpose-senior-services-program-mssp), [Linkages](https://www.ioaging.org/services_/linkages), [Community Living Fund](https://www.sfhsa.org/services/care-support/community-living-fund), [Support at Home](https://www.ioaging.org/services/support-at-home), [Home Health Care](https://www.medicare.gov/what-medicare-covers/whats-home-health-care), [Program of All-Inclusive Care for the Elderly (PACE)](https://www.dhcs.ca.gov/provgovpart/Pages/PACE.aspx), [SFDPH CHIPPS](https://www.sfdph.org/dph/comupg/oprograms/CHEP/Injury/CHIPPS.asp), [Caregiver Resource Centers](https://www.dhcs.ca.gov/services/MH/Pages/AdultsCaregiverResourceCenters.aspx), Veterans Benefits: [Aid and Attendance](https://www.va.gov/pension/aid-attendance-housebound/), [Home Health Aide](https://www.va.gov/health-care/about-va-health-benefits/long-term-care/), [Respite](https://www.va.gov/health-care/about-va-health-benefits/long-term-care/)  **Private Pay:** Housekeeping ($25-$50 per hour per cleaner), Caregiving ($25-$45 per hour), Meal delivery ($15-$40 per meal), [Care Management](https://www.aginglifecare.org/ALCAWEB/What_is_Aging_Life_Care/Search/Find_an_Expert.aspx) ($130-$180 per hour) |
| **Help in the Community** | * Transportation Services (Paratransit, Non-Emergency Medical Transport) * Congregate Meals * Senior Centers * Dementia Activity Programs * [Adult Day Services](https://www.aging.ca.gov/care_options/Adult_Day_Services_Programs/): Adult Day Health Care (ADHC) and [Adult Day Care (ADC)](https://www.sfhsa.org/services/connection-community/adult-day-programs) | **Free:** [Senior Centers and Activity Centers](https://www.sfhsa.org/services/connection-community/adult-learning-and-activities-community-and-senior-centers), [Free Muni](https://www.sfmta.com/getting-around/muni/fares/free-muni)  **Programs:** [Aging and Disability Resource Centers](https://www.ioaging.org/collaborations-elder-protection/aging-and-disability-resource-centers-adrc), [Early Stage Programs](https://drive.google.com/file/d/17mfRUnSSjUBOfbI7GYkXyKD5ODAWQId_/view), [Paratransit](https://www.sfmta.com/getting-around/accessibility/paratransit), [Veteran Adult Day Care Benefit](https://www.va.gov/GERIATRICS/pages/Adult_Day_Health_Care.asp), [Medi-Cal](https://www.dhcs.ca.gov/Documents/myMediCal.pdf)  **Private Pay:** Taxis, [Specialized door-to-door transportation](https://www.silverride.com/), Ride-Sharing Apps, [Dementia Activity Programs](https://www.engageasyouage.com/why-engage) ($75 hour) Adult Day Program ($75-150/day) |
| **Subsidized Housing**  Accessible apartments, condos, or small homes. | * Affordable Housing * Low-Income Housing | **Programs:**  [Affordable Housing](https://www.hud.gov/topics/information_for_senior_citizens), [Housing Choice Voucher](http://portal.hud.gov/hudportal/HUD?src=/program_offices/public_indian_housing/programs/hcv/about/fact_sheet) (Section 8) [Openhouse](https://www.openhousesf.org/housing) |
| **Assisted Living Facilities (ALF)/**  **Residential Care Facilities for the Elderly (RCFE)**  Facilities that offer supervised care and specialized non-medical services | * Board and Care Homes * Assisted Living Facilities * Memory Care Units * Continuing Care Retirement Communities * Placement Advisor | **Programs:** [Assisted Living Waiver](https://www.dhcs.ca.gov/services/ltc/Pages/AssistedLivingWaiver.aspx), Long term care insurance policies, Veterans benefits ([Veterans Homes](https://www.calvet.ca.gov/calvet-programs/veteran-homes), [Aid and Attendance](https://www.va.gov/pension/aid-attendance-housebound/)), [CDSS database of licensed care facilities](https://www.cdss.ca.gov/inforesources/community-care-licensing/facility-search-welcome)  **Private Pay:** Assisted Living ($6000+ a month), Memory Care ($8,000+ a month), Board and Care Homes ($5,000 a month), Placement Advisor (paid by commission) |
| **Skilled Nursing Facilities (Nursing Homes)**  Medical facilities that offer short-term and long-term personal, medical and rehabilitative care | * Personal care (incontinence, bathing, eating) provided by certified nursing assistants (CNAs). * Medication administration, health monitoring, and some medical treatments provided by licensed nursing staff. * Resident activities programs * Rehabilitation services (Physical, Occupational, and Speech Therapy) | **Programs:** Medicare (covers short-term rehabilitation after a hospitalization up to 100 days), Medi-Cal, Veterans benefits ([Veterans homes](https://www.calvet.ca.gov/calvet-programs/veteran-homes), [Community Living Centers](https://www.va.gov/GERIATRICS/pages/VA_Community_Living_Centers.asp)) Advocacy Support and Services ([Ombudsman](https://aging.ca.gov/Programs_and_Services/Long-Term_Care_Ombudsman/), [CANHR](http://canhr.org/))  **Private Pay:** Skilled Nursing Facility ($12,000+ a month)[Long Term Care Insurance](https://www.insurance.ca.gov/01-consumers/105-type/95-guides/05-health/01-ltc/ltc-insurance.cfm) (policies and what they cover vary), [Medicare Compare Tool](https://www.medicare.gov/care-compare/?providerType=NursingHome&redirect=true) |
| **Palliative and End-of life Care**  Patient and family oriented medical care to provide support with decision making and symptom management. | * [Palliative Care Services](https://getpalliativecare.org/) Palliative Care provides support for patients living with serious illness, like dementia. * [Hospice Care](https://www.nia.nih.gov/health/what-are-palliative-care-and-hospice-care) all-inclusive care and bereavement support in the last six months of life provided in the home, in a care facility, and/or in a hospital. | **Programs:** [Medicare](https://www.medicare.gov/coverage/hospice-care) (part A covers hospice), hospital and clinic-based Palliative Care services are typically covered by insurance.  **Private Pay:** Some community-based programs may charge a fee or be limited to certain types of insurance. [Four Step Funeral Planning](https://funerals.org/consumers/) guide. NIA: [Brain Donation Information.](https://www.nia.nih.gov/health/brain-donation-gift-future-generations) |

**Additional Information:**

Family Caregiver Alliance: Caregiving at Home, A Guide to Community Resources, <https://www.caregiver.org/resource/caregiving-home-guide-community-resources/>