



## CALIFORNIA ASSOCIATION OF HEALTH FACILITIES (CAHF) DISASTER PREPAREDNESS PROGRAM

### TYPES OF LONG-TERM CARE FACILITIES

Although the California Association of Health Facilities' membership is made up of Skilled Nursing Facilities, Sub-Acute Care Facilities, Intermediate Care Facilities, Intermediate Care Facilities for the Developmentally Disabled, and Institutes for Mental Health, CAHF's Disaster Preparedness Program serves *all* residential long-term care facilities in the state of California. Long-term care is a broad term and encompasses many different types of facilities.

Below are the different types of residential long-term care facilities in California and what they do:

- **Skilled Nursing Facilities (SNFs)** – Sometimes called “nursing homes” or “convalescent hospitals,” these facilities provide comprehensive nursing care for chronically ill or short-term residents of all ages, along with rehabilitation and specialized medical programs.
- **Subacute-Care Facilities** – Specialized units often in a distinct part of a nursing facility, sub acute care facilities focus on intensive rehabilitation, complex wound care, and post-surgical recovery for residents of all ages who no longer need the level of care found in a hospital.
- **Intermediate-Care Facilities (ICFs)** – In addition to room and board, these facilities provide regular medical, nursing, social, and rehabilitative services for people not capable of full independent living.
- **Intermediate-Care Facilities for the Developmentally Disabled (ICF/DDs)** – Known at the federal level as ICFs/MR (mental retardation), these facilities provide services for people of all ages with developmental disabilities. ICF/DD-Hs (habilitative) and ICF/DD-Ns (nursing) have home-like settings with an average of six beds. ICF/DDs are larger homes with 16 or more beds.
- **Institutes for Mental Health (SNF/STPs)** – Designated in California as “special treatment programs,” these facilities provide extended treatment periods for people of all ages with chronic mental-health problems; most of the clients are younger than 65. Specialized staff serve clients in a secured environment.
- **Residential Care Facility for the Elderly (RCFE)** – Also known as “Assisted Living Facilities”, “retirement homes”, or “board and care homes” these facilities provide care, supervision, and assistance with activities of daily living, such as bathing and grooming. They may also provide incidental medical services under special care plans. Services are provided to persons 60 years of age and over and persons under 60 with compatible needs. The facilities can range in size from six beds or less to over 100 beds. The residents in these facilities require varying levels of personal care and protective supervision.
  - **Continuing Care Retirement Communities (CCRCs)** – these facilities offer a long-term continuing care contract that provides for housing, residential services, and nursing care, usually in one location, and usually for a resident's lifetime. All providers offering continuing care contracts must first obtain a certificate of authority and a residential care facility for the elderly (RCFE) license. In addition, CCRCs that offer skilled nursing services must hold a Skilled Nursing Facility License issued by the Department of Health Services.
- **Adult Residential Facilities (ARFs)** – Facilities of any capacity that provide 24-hour non-medical care for adults ages 18 through 59, who are unable to provide for their own daily needs. Adults may be physically handicapped, developmentally disabled, and/or mentally disabled.
- **Residential Care Facilities for the Chronically Ill** – These facilities have a maximum licensed capacity of 25 beds. Care and supervision is provided to adults who have Acquired Immune Deficiency Syndrome (AIDS) or the Human Immunodeficiency Virus (HIV).
- **Social Rehabilitation Facilities** – Any facility that provides 24-hour-a-day non-medical care and supervision in a group setting to adults recovering from mental illnesses, who temporarily need assistance, guidance, or counseling.