

Retirement Living vs. Assisted living – what is the difference?

Historically, retirement living meant a person would live in his or her apartment, be provided three meals per day and would have housekeeping services once a week. No assistance was given outside of these basic items. A person must be able to take care of themselves on their own.

Assisted living generally means that care services are available at some particular level. Licensed Assisted Living Communities are regulated by the State. Assisted living is for people who may need some level of care so independent living is no longer appropriate but who are not in need of medical care more appropriate for nursing homes. Assisted living communities offer help with ADLs such as eating, bathing, dressing, laundry, housekeeping, and assistance with medications based on the needs of each resident.

A retirement living community does not need an assisted living license if they are not offering personal care services. Some communities have licensed portions of their buildings so that a number of apartments can be residential only and the other portion is assisted living.