

Please Help Us Improve Long-Term Care

Your tax-deductible contribution gives us more opportunities to offer educational materials and outreach programs statewide, a more powerful voice in the NC legislature, and a stronger role as an advocate to promote positive change. **We need your help to improve long-term care!**

You can donate online at www.forltc.org or send a check to 6300 Creedmoor Rd. Suite 170 #326 Raleigh, NC 27612.

Please give anything you can. Thank you so much for your support!



Our Mission: To improve the quality of life for the 100,000+ individuals who receive long-term care in both residential and community settings throughout North Carolina. We accomplish our mission by helping consumers and their families become educated and effective self-advocates.

Our Work:

- Helping you navigate the long-term care system
- Offering educational workshops
- Raising public awareness about long-term care issues
- Advocating for improved laws and policies

Confused about long-term care?

Want to know your options?

Not sure about your rights?

We are here to help!



www.forltc.org
friends@forltc.org
6300 Creedmoor Rd., Suite 170 #326
Raleigh, NC 27612



We are a non-profit organization offering free advocacy and education to help improve long-term care.

A Continuum of Care

There is a spectrum of long-term care, from receiving limited assistance in your home to receiving around-the-clock care in a skilled nursing facility. The level of care you require may increase and decrease over time. *All long-term care should be tailored to your individual needs and preferences.*

Visit our website at www.forltc.org and look at our *Consumer Guide to Long-Term Care* for more information about a variety of long-term care services, including how to find services, how to pay for them, how to evaluate them, and how to advocate for improved quality.

What level of care is right for you?



Nursing Homes, also called *skilled nursing facilities*, provide ongoing nursing care from a skilled nursing professional. They typically provide room and board, 24-hour supervision, housekeeping, personal care services, recreational activities, nursing services, and dietary services. Nursing homes must also provide or arrange for physical therapy, occupational therapy, dental care, podiatry services, optometry services, and transportation to medical appointments. Some facilities provide care for people with dementia. Some offer short-term skilled nursing care and rehabilitation.

Adult Day Care, similar to **adult day health care**, provides supervision and activities for 4 or more hours a day at a community center, senior center, or similar location. Transportation to and from the program may be available. For more information, visit www.ncdhs.gov/aging/adhsvc.htm

Adult care homes (7+ people) and **family care homes** (2-6 people) are the two main types of *assisted living facility* in NC. Such facilities are licensed by the state and typically provide room and board, 24-hour supervision, housekeeping, personal care services, and recreational activities. Some facilities provide care for people with dementia.

Personal Care Services are provided by a *personal care aide*, also called a *home health aide*. Typically, an aide will go to an individual's home for several hours a day to provide assistance with household chores and activities such as meal preparation, bathing, dressing, going to the restroom, etc. Sometimes therapy, such as physical therapy, can be provided in an individual's home.

Transportation and Meal Services are available in many counties. Some people can continue to live independently in their own homes by receiving at least one nutritionally sound meal delivered daily or by arranging transportation for medical appointments and errands.

