



## Facilities Served

LITA serves three different types of long-term care facilities in Marin. It is beneficial to know what these facilities are and the population they serve.

### Skilled Nursing Facilities

The population of a Skilled Nursing Facility is diverse, particularly in terms of the challenges each individual faces. You meet people with progressive illnesses (such as Parkinson's), those recovering from accidents (such as broken hips), those with mental deterioration (from Alzheimer's, etc.), those who suffer from acute illnesses (such as strokes), or a debilitating illness (such as Congestive Heart Failure).

In larger facilities it is not uncommon to find “special care units.” You may find a Memory Unit for those with dementia-related disorders, Transitional Care Unit, Medicare Unit or Extended Care Unit. This way a resident can transition to the unit best suited for their needs without transferring to different facilities.

Skilled Nursing Facilities provide 24-hour personal assistance, medical care, meals, activities, and supervision. These services are provided under the supervision of the administrator and a director of nurses. The staff of a Skilled Nursing Facility consists of nurses, activity director, social services designee, dietary department, nursing assistants, and maintenance personnel.

As a LITA volunteer, it is important to understand that the administration of each Skilled Nursing Facility has its own way of operating. In most cases, it is the activity director who is able to answer your questions and provide you with any information that you might need. The LITA Director of Volunteers will introduce you to the activity director, tour the facility with you and make sure you feel comfortable connecting with the appropriate staff when you have questions.

It is important to remember HIPAA and confidentiality regulations when you are in a Skilled Nursing Facility. **Volunteers do not help residents move from the bed to wheelchair, help in toileting, feed or give beverages. CNAs (Certified Nursing Assistants) do these jobs. If you see someone who needs help find a CNA or nurse.**

## **Assisted Living Facilities**

Assisted Living Facilities are under governmental laws and regulations that outline the services a resident can expect. They must provide basic housing, meals, offer 24-hour supervision and offer activities. The staff helps coordinate both personal and health needs however, they do not offer complex health care. It is important for residents to be encouraged to be as independent as possible and participate in activities both in and off the facility grounds.

Many Assisted Living Facilities are home to those suffering from dementia-related issues. These facilities may have coded entries and exits. Pet Connection volunteers are often placed in Memory Care Assisted Living Facilities.

It is important to remember that while many residents in Assisted Living Facilities are able to leave and take part in activities such as movies, senior day classes, theater, exercise classes and outings, LITA volunteers visit on site. Walks around the neighborhood would be the only exception if written permission is granted by the facility or guardian.

## **Board and Care Homes or Residential Care Facilities**

Residential Care Facilities offer the same services as Assisted Living facilities, plus medication management, personal assistance with bathing and dressing, and additional supervision as needed.

Board and Care Homes are licensed as Residential Care Facilities, usually housing six to ten people in a home-like atmosphere.

Information on Residential Care Facilities, Skilled Nursing Facilities and Assisted Living as well as Independent Care can be found on these links:

<http://www.assistedlivinginfo.com/Assisted-Living-Care/What-is-Assisted-Living>

<http://residentialcareguide.org/RCFE/index.lasso>