

# **DIFFERENCES BETWEEN ASSISTED LIVING AND LONG-TERM CARE (NURSING HOME) FACILITIES**

## **Differences between Assisted Living and Long-Term Care (Nursing Home) Facilities**

Assisted living provides help with daily activities and social support in a residential setting, while nursing homes offer a higher level of medical care and 24/7 supervision for individuals with chronic health conditions. The main differences are the level of medical care provided, the cost (assisted living is generally cheaper, however is usually private pay), and the typical resident profile of assisted living residents is more independent.

| Feature              | Assisted Living                                                                                                                   | Nursing Home                                                                                                                |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>Level of Care</b> | <b>Supportive:</b> Assistance with daily living activities like bathing, dressing, medication reminders, housekeeping, and meals. | <b>Intensive Medical:</b> Skilled nursing care, constant supervision, and medical treatments for complex health conditions. |
| <b>Independence</b>  | <b>High:</b> Focuses on promoting independence and an active lifestyle in a residential setting.                                  | <b>Low:</b> Residents are dependent on staff for most daily activities.                                                     |
| <b>Staffing</b>      | Caregivers, support staff; nurses are present but primarily in a supportive role.                                                 | Registered nurses, licensed medical staff available 24/7.                                                                   |
| <b>Environment</b>   | Community-oriented, with social activities, common areas, and outings.                                                            | More clinical and medical environment, focused on intensive care.                                                           |
| <b>Who it's for</b>  | Individuals who need some help but want to maintain their independence.                                                           | Individuals with chronic health conditions or complex medical needs requiring constant monitoring.                          |

## Other Resources

- <https://www.youtube.com/watch?v=3rTiUYVe8bQ> – Nursing Homes vs Assisted Living: What's the Difference?
- [Brookletts Place - Talbot Senior Center | Medicare Assistance \(SHIP\)](#). Maryland SHIP is part of a federally funded program that offers *free-of-charge* one-on-one assistance, counseling, and education to Medicare beneficiaries, their families, and caregivers to help them make informed decisions about their coverage options, enrollment, costs, and benefits.



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