



Residential Options for Older Adults

Categories : [Housing](#), [Older Adult Programs](#)

Descriptions of facilities that provide residential services for older adults are presented below. Providers of these services are listed in Connecticut's Community Resources Database. (Click on links below.)

Independent Living Communities/Complexes for Older Adults

Service Name:

[Independent Living Communities/Complexes for Older Adults](#)

These are market rate apartments or planned communities or condominiums that are age restricted. They are designed for older adults who are in reasonably good health and can live independently. The minimum age is usually 55 for at least one of the residents, but sometimes it is 62. They generally offer recreational activities and supportive services, but such services vary by community. This type of housing is not licensed by the state of Connecticut.

Subsidized Rental Housing for Older Adults

Service Name:

[Low Income/Subsidized Private Rental Housing for Older Adults](#)

Subsidized rental housing for low income older adults, also known as Elder Housing, is usually for people age 62+, but some sites accept ages 55+. Rent is based on income, and is funded and managed by federal, state, or local housing programs. This type of housing is for older adults who can live independently. It is not licensed by the state of Connecticut.

Congregate Housing

Service Name:

[Congregate Living Facilities](#)

Congregate housing provides residents private living arrangements with moderate supportive services and common areas of dining, socialization and other activities. These facilities furnish at least one daily meal, which is usually included in the monthly fee, housekeeping services and a variety of social and recreational activities. They are meant for individuals who have temporary or periodic difficulties with one or more essential activities of daily living. Some congregate housing is subsidized by state and local programs, and rent is based on income. This type of housing is not licensed by the state of Connecticut.

Assisted Living

Service Name:

[Assisted Living Facilities](#)

Program:

[Subsidized Assisted Living](#)

Assisted living facilities provide core services including laundry, transportation, housekeeping services, meals, recreational activities, and assistance with activities of daily living. In Connecticut, some assisted living facilities are



subsidized for low income seniors. Some facilities offer services for seniors with dementia or memory impairments. Facilities that offer assisted living services must have an Assisted Living Services Agent (ALSA) who is licensed by the Connecticut Department of Public Health.

Residential Care Homes/Rest Homes

Service Name:

[Adult Residential Care Homes](#)

Residential care homes are facilities that provide a room, meals and supervision, but no nursing services for adults whose limitations prevent them from living alone. Services vary from facility to facility but may include dietary and housekeeping services, monitoring of prescription medication, social and recreational opportunities, and assistance with activities of daily living. Residential care homes in Connecticut are licensed by the Connecticut Department of Public Health.

Nursing Homes

Service Name:

[Skilled Nursing Facilities](#)

Skilled nursing facilities, also known as chronic and convalescent nursing homes, provide residents with nursing care, meals, recreational activities, help with daily living activities, and protective supervision. Residents live in private or semi-private rooms. They have uncontrolled or unstable or chronic conditions, including conditions that require substantial daily assistance with personal care. Some residents may have physical or mental impairments that keep them from living independently. Skilled nursing care is provided under medical supervision to carry out non-surgical treatment of chronic diseases or convalescent stages of acute diseases or injuries. Some nursing homes have special units for people with Alzheimer's disease. Nursing homes in Connecticut are licensed by the Connecticut Department of Public Health.

Continuing Care Retirement Communities (CCRC)

Service Name:

[Continuing Care Retirement Communities](#)

Continuing care retirement communities (CCRC), sometimes called life care communities, offer lifetime living accommodations and a wide variety of services, including a specified package of long term health and nursing services for older adults. People usually enter these living arrangements while living independently, but are cared for at every level of care as they age. These living arrangements usually require a contract and a substantial monetary investment. CCRCs are not licensed by the state of Connecticut, but certain parts, such as nursing homes and assisted living services, are licensed by the Connecticut Department of Public Health.

For additional information on other Long-term care resources and supports for Connecticut residents, visit an interactive website tool, [My Place CT \(http://www.myplacect.org/\)](http://www.myplacect.org/) or dial 2-1-1, to talk to a live person to help locate resources and information about health and transportation services, long-term care programs, in-home care resources, and much more.

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