



RCFE's Explained

RCFE stands for **Residential Care Facility for the Elderly**. It is a type of senior living community that provides housing and various levels of care and support for older adults who need some assistance with daily activities but don't require the intense medical care of a nursing home.



Here's a breakdown of what RCFEs offer:

Types of care:

- Personal care:** Assistance with ADLs such as bathing, toileting, dressing, and eating.
- Medication management:** Ensuring residents take their medications correctly and on time.
- Meals and snacks:** Three meals a day and snacks in between, often prepared on-site.
- Housekeeping:** Keeping residents' rooms and common areas clean.
- Social activities:** Organized events and opportunities for residents to socialize and stay active.
- Transportation:** Assistance with getting to appointments, shopping, and other errands.



Types of RCFEs:

- Board and care homes:** Smaller facilities with typically 4-6 residents, offering a family-like setting with personalized care.
- Assisted living facilities:** Larger facilities with more residents, offering a wider range of services and amenities.
- Memory care communities:** Specialized facilities designed for seniors with dementia or Alzheimer's disease, providing secure and supervised care.
- Continuing Care Retirement Communities (CCRC):** Offer a continuum of care, from independent living to assisted living and nursing home care, all on one campus.

Who are RCFEs for?

- Older adults who need some help with daily activities and do not have sufficient support at home.
- People with mild cognitive impairment or memory loss.
- Individuals recovering from surgery or illness who need temporary assistance.

Benefits of RCFEs:

- Provide a safe and supportive environment for seniors.
- Offer assistance with daily activities, promoting independence and dignity.
- Help seniors stay active and engaged in social activities.

Things to consider when choosing an RCFE:

- Level of care needed:** What are the senior's current and future care needs?
- Type of environment desired:** Does the senior prefer a home-like setting or a larger facility with more amenities?
- Location:** Does the senior want to live near family and friends or in a specific geographic area?
- Cost:** Can the senior afford the monthly fee and any additional costs?



Contact Us!
(877) 707-9111
info@apexcare.com
www.apexcare.com