

# care:

## licensed long-term residential care options

### **Residential Care Facility (RCF)**

Provides 24-hour care and services including assistance with medications and care during short term illnesses or recuperation.

### **Residential Care Facility II (RCFII)**

Similar to an RCF, an RCFII provides additional services including supervision of diets and assistance with personal care.

### **Assisted Living Facility option 1 (ALF option 1)**

Provides 24-hour care and services including assistance with medications and personal care. Services are based on the abilities, desires, and functional needs of the individual and delivered in a home like setting.

### **Assisted Living Facility option 2 (ALF option 2)**

Provides care and services similar to an ALF option 1. Additionally, an ALF option 2 may accept or continue to care for people with a cognitive or physical impairment that require additional assistance to evacuate in an emergency.

### **Intermediate Care Facility (ICF)**

Provides 24-hour personal care, health, and nursing care services under the daily supervision of a licensed nurse and direction of a licensed physician.

### **Skilled Nursing Facility (SNF)**

Provides 24-hour care including skilled nursing care and treatment services commonly performed by or under the supervision of a registered professional nurse (RN).



# payment:

## basics on payment methods

**Private Pay:** Personal funds accepted for all levels.

**Long-Term Care Insurance:** Payment can cover all licensed facilities, depending on the plan's coverage.

**Medicare:** Does not provide coverage for residential care facilities or assisted living facilities; provides limited coverage for skilled nursing facilities when rehabilitative or skilled nursing services are required as part of the individual's care.

**MO HealthNet (Medicaid):** Provides coverage for personal care assistance within residential care facilities, assisted living facilities, and most services in skilled nursing facilities including room and board. To qualify, the person must first meet financial guidelines and require nursing home level of care. The facility must be a Medicaid provider.

**Cash Grant:** A monthly grant paid to qualifying individuals residing in residential care facilities, assisted living facilities, or non-Medicaid intermediate or skilled care facilities. To qualify, the individual must meet financial requirements, and in the case of intermediate or skilled care facilities, also require nursing home level of care.

## for more information contact:

**Alzheimer's Association**

**1.800.272.3900**

**[www.alz.org](http://www.alz.org)**

**MO Long-Term Care Ombudsman**

**1.800.309.3282**

**[www.dhss.mo.gov/Ombudsman](http://www.dhss.mo.gov/Ombudsman)**

**MO Dept. of Health & Senior Services**

**Show Me Long Term Care**

**[www.dhss.mo.gov/showmelongtermcare](http://www.dhss.mo.gov/showmelongtermcare)**

**The Quality Improvement Project for MO**

**[www.nursinghomehelp.org](http://www.nursinghomehelp.org)**

alzheimer's  association®

# knowledge:

know your long-term residential care options



**missouri licensed facilities**

**Missouri Alzheimer's Association Chapters**

**Heart of America Chapter**

**Mid-Missouri Chapter**

**St. Louis Chapter**

**Southwest Missouri Chapter**

**1.800.272.3900**

**[www.alz.org](http://www.alz.org)**

# choices:

## making informed decisions

Choosing the right care for yourself or a loved one can be challenging, but making an informed decision can give you peace of mind.

This chart can help you negotiate among the different licensure levels in Missouri. It outlines some of the state's **minimum requirements** to be a licensed long-term care residential facility in Missouri.

## markers of good care

Good care goes beyond regulations. When visiting long term care facilities, look for these seven common aspects of quality care:

**Central focus:** Focus is not only on residents, but also on families, staff, and community.

**Care:** Staff provides individualized care to each resident.

**Family involvement:** Families are encouraged to participate.

**Communication:** Regular communication occurs between families, staff, and residents.

**Home:** The community looks and feels like a home.

**Environment:** The space is clean, odor-free, and pleasant.

**Staff:** Staff is numerous, responsive, compassionate, well-trained, and well-paid.

*-The New Nursing Homes, Marilyn Rantz RN, PhD; Lori Popejoy, RN, GCNS; & Mary Zwygart-Stauffacher, RN, PhD*

MISSOURI REQUIREMENTS	Residential Care Facility	Residential Care Facility II	Assisted Living Facility <i>option 1</i>	Assisted Living Facility <i>option 2</i>	Intermediate Care Facility	Skilled Nursing Facility
Personal care & medication distribution	✓	✓	✓	✓	✓	✓
Assessment & service plans/care plans			✓	✓	✓	✓
Social model of care			✓	✓		
Dementia-specific training for staff	✓	✓	✓	✓	✓	✓
Licensed administrator		✓	✓	✓	✓	✓
Supervising physician					✓	✓
Certified Nurse Aide (CNA)					✓	✓
Licensed Nurse (RN, LPN)	RN or LPN on duty eight hours per week for every 30 residents				RN or LPN on duty on the day shift and on call 24 hours per day	RN on duty on the day shift. RN or LPN on duty during the evening and night shift
Personal safety	Individuals must be able to move to safety without assistance within five minutes and be able to transfer to and from a wheelchair unassisted		Individuals must be able to evacuate with minimal assistance within five minutes <i>(except those receiving hospice care)</i>	Individuals that need more than minimal assistance to evacuate must each have an evacuation plan that includes staff responsibilities	Facility evacuation plan required	
Staffing ratio <i>This is a brief description of staffing ratios that may vary slightly from facility to facility</i>	All must have adequate number and type of personnel for the proper care of residents as well as facility upkeep. Minimum staffing requirements:					
	1 staff: 40 residents (day) 1 staff: 40 residents (night)	1 staff: 15 residents (day) 1 staff: 25 residents (night)	1 staff: 15 residents (day) 1 staff: 25 residents (night)	1 staff: 15 residents (day) 1 staff: 20 residents (night)	1 staff: 10 residents (day) 1 staff: 20 residents (night)	
Hospice / Palliative care			✓	✓	✓	✓