



SERVICE DESCRIPTIONS

RESIDENTIAL SERVICES

Many housing providers serve persons with a variety of disabilities, while others work exclusively with brain injury. Any community provider that maintains ongoing appropriate training specific to brain injury and embraces a holistic person-centered approach may be a suitable consideration. Investigate multiple places if you are able and request references from individuals currently living there. Be aware of the increased risk for abuse and report any disturbing signs that you or your loved one may be unsafe.

Major Factors to Consider

- Living situation
 - Ask yourself where you or your loved one might thrive and what extra supports are needed. It could be living on their own, with a relative, with a group of others, or with medical assistance and supervision.
- Funding
 - Some options accept state/federal funding, while others primarily take private funding/insurance, workers' compensation, or veteran assistance.
- Availability & location
 - The complex assistance often needed for individuals may make housing options specifically for individuals with brain injury limited. There may be other options available based on mental health status or intellectual/ developmental disability.
- Level of care
 - Assistance with activities of daily living (ADLs) and memory may indicate a need for more assistance or supervision. However, there are many solutions to promote independence.

Levels of Care/Housing Options

The following housing options listed are organized from least to most independent living situations. Each have staffing requirements with typically structured days and a care plan for rehabilitation.

- Skilled Nursing Facility (SNF)
- Intermediate Care Facility (ICF)
- Assisted Living Facilities
- Long-term Care Residential Services
- Group Homes
- Alternative Family Living (AFL)
- Living with Family
- Supported Living Programs
- Home Health Services



Skilled Nursing Facility (SNF)

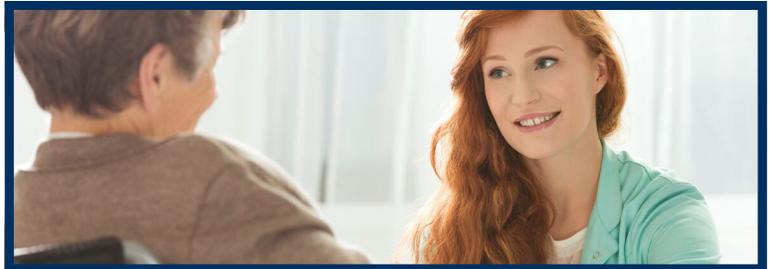
- Provides nursing care 24 hours a day, help with meals and personal hygiene, physical & social activity, and medication storage and dispensing.
- Can be longer-term housing or a shorter-term option for recovery and healing after hospital care (i.e. injury, illness, or surgery).
- May or may not have full access to rehabilitation therapies or specialized medical intervention (i.e. ventilator care).

Intermediate Care Facility (ICF)

- Funded by Medicaid to serve individuals with intensive medical or behavioral needs with more supports than a typical group home offers, but less than skilled nursing level of care.
- Range in resident size (6-30+) with overnight supervision provided.
- In addition to personal care and habilitation, specialized therapies and active treatment must be provided.

Assisted Living Facilities

- Offers help with daily care, but not as much help as a nursing home provides.
- Range in size (25-120+ residents) and levels of care.
- Residents live in their own apartments or rooms, sharing common areas.
- Access to many services, including up to three meals a day; assistance with personal care; help with medications, housekeeping, and laundry; 24-hour supervision, security, and on-site staff; and social and recreational activities.



Group Homes

- Provide 24-hour personal care and habilitation to help develop self-help skills, gain work experience, and participate in community activities.
- Medicaid homes are licensed and monitored by the North Carolina Division of Health Service Regulation (DHSR)
- Typically serve 3-6 individuals per home with single or shared bedrooms.

Long-term Care Residential Services

- Supported in-patient housing program designed for long-term living ranging in size (20-100+ residents).
- Provide food, 24-hour supervision, social activity programs, with some offering employment and/or case management.
- May have rehabilitation therapies built in to schedules provided by allied health professionals (i.e. physical, speech).
- Few neurobehavioral options available with locked housing, particularly for individuals with state/federal supports living in North Carolina.
- Some offer tiered housing support depending on need, giving the option to move to a less restrictive environment if care needs change (i.e. supervised apartments or group home settings).

Alternative Family Living (AFL)

- A person with an intellectual or developmental disability resides with an individual or family other than their own to receive habilitative care.
- Typically an expensive service and available only to NC Innovations (1915C Medicaid Waiver) recipients.
- Homes must be licensed if serving a child or more than 1 adult.

Supported or Independent Living Programs

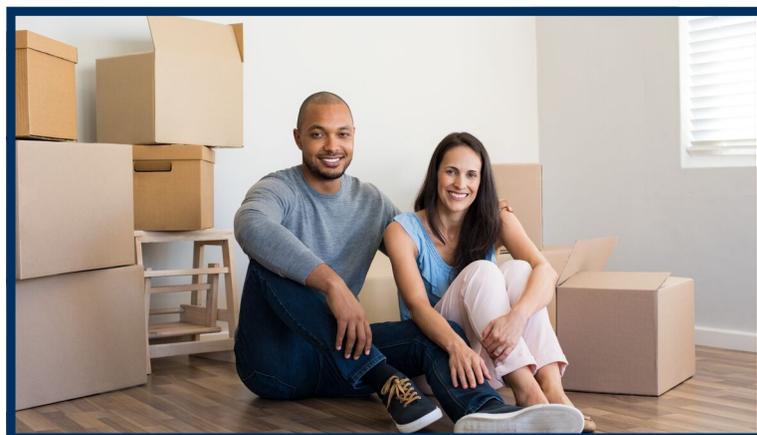
- For people who are capable of living on their own or with a roommate with some support, such as assistance with budgeting, grocery shopping, household maintenance, health/safety monitoring.
- Provided in the individual's own home or apartment or supervised apartment housing program.

Home Health Services

- Home Health allows the same level of medical attention you'd expect from a hospital but in your home.
- Non-medical care is also available to assist with housekeeping, laundry, meal preparation, transportation, conversation, bathing, grooming and dressing.
- Can be provided through Home Health Care agencies, Medicare, Medicaid, and in some cases private health insurance.

Living with Family

- If the person with brain injury is returning home, alterations may need to be made (i.e. ramps, accessible bathroom/kitchen, wider doorways, handrails, home modifications) by contractors, engineers, or accessibility experts.
- Specific loans and state, federal, or community financial assistance may aid in modifications after brain injury.
- A combination of community-based services, home health, and outpatient rehabilitation can be beneficial to living with family.



RESOURCES & REFERENCES

- Medicare: www.medicare.gov
- NC Medicaid: medicaid.ncdhhs.gov/medicaid
- NC DHHS Health Service Regulation: www.ncdhhs.gov/divisions/dhsr
- Supported Housing: www.ncdhhs.gov/assistance/mental-health-substance-abuse/supported-housing