

Elderly Care Options in Hawaii

A reference guide to the most common types



Type	For People Who	Downsides	Standard Services	For a Fee
HOME CARE In-home services AKA "Aging in Place" <i>(different from Home Health)</i>	<ul style="list-style-type: none"> Prefer the flexibility & familiarity of home Can adequately remain in home environment 	<ul style="list-style-type: none"> Cost prohibitive for 24/7 care Caregiver risks Lack of stimulation risk 	ADL Assistance, <u>light</u> housekeeping, help serving meals, outdoor time	Meds management, nursing care, transportation & outings, meal prep
ADULT DAY CARE PROGRAMS Socializing & Recreation AKA "Going to 'School' or 'Work'" <i>Different from Day Health</i>	<ul style="list-style-type: none"> Need socialization & stimulation Need minimal assistance and monitoring Need to allow respite to families 	<ul style="list-style-type: none"> Limitations to level of care Maybe overwhelming for dementia Weekend availability 	<u>Light</u> ADL Assistance, lunch, (transportation never included)	Meds management, moderate ADL & nursing care, dinner, showers
INDEPENDENT LIVING Socializing & group living AKA "Retirement Home"	<ul style="list-style-type: none"> Are mostly independent and need infrequent assistance Enjoy social interaction with peers 	<ul style="list-style-type: none"> Some residents feel lost, forced out, and/or in a revolving door Separated from Assisted Living side 	<u>Emergency</u> ADL Assistance, meals, activities, outings, some concierge services	ADL assistance and/or full-on care (sometimes 3 rd party contractors), supplies, laundry
ASSISTED LIVING Light to moderate assistance with activities of daily living	<ul style="list-style-type: none"> Need infrequent to frequent assistance Enjoy well-maintained setting with consistent services/routines 	<ul style="list-style-type: none"> Large setting and staffing ratios usually inadequate for care needs Cost prohibitive for 24/7 services 	Some ADL care, meds management, meals, housekeeping. (Sometimes: outings, supplies, laundry)	Dementia/memory care services, constant ADL assistance, supplies, laundry
ADULT RESIDENTIAL CARE HOMES 24/7 Assistance AKA "Care Home"	<ul style="list-style-type: none"> Need intermittent to constant ADL care throughout the day & night Wish to live in a smaller community setting 	<ul style="list-style-type: none"> Vast differences in quality and perceptions of quality Locations sometimes inconvenient for families 	24/7 ADL Assistance, meals, meds management, housekeeping, laundry, recreational activities	Expanded care services, special diets, night staff awake (for Type I), transport/accompaniment to appts

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COMMUNITY CARE FOSTER FAMILY HOMES Affordable 24/7 Nursing AKA "Foster Care Home"	<ul style="list-style-type: none"> May require intermediate nursing and/or possibly have limited assets Prioritize their level of care and budget over other considerations 	<ul style="list-style-type: none"> Conditions generally basic Vast differences in quality and perception of quality 	24/7 ADL Assistance, meals, meds management, housekeeping, laundry	Case management (required)
INTERMEDIATE NURSING FACILITIES Chronic nursing care AKA "Long Term Care Facility"	<ul style="list-style-type: none"> Have chronic but manageable medical conditions/needs Require direct nursing services intermittently day & night 	<ul style="list-style-type: none"> Institutional atmosphere Long term residents often mixed with SNF patients 	Frequent nursing, meals, meds management, housekeeping, laundry, some recreational activities	Accompaniment/increased ADL care, therapy
SKILLED NURSING FACILITIES Post-acute medical services AKA "Nursing Home" or "Rehab"	<ul style="list-style-type: none"> Are recovering from an illness or trauma with intention to leave Require direct nursing services 24/7 	<ul style="list-style-type: none"> Institutional atmosphere Many SNFs often under pressure to rotate patients quickly 	24/7 nursing, therapy, meals, meds management, housekeeping, laundry, some recreational activities	Accompaniment/increased ADL care
LIFE CARE FACILITIES Continuum of services AKA "Continuing Care Retirement Communities"	<ul style="list-style-type: none"> Want to remain at the same facility over different levels of care May still receive care even after depleting resources (Life Care Facilities) 	<ul style="list-style-type: none"> Still might not address all care needs Buy-in/large down-payment often costly 	<u>Emergency</u> ADL Assistance, meals, activities, outings, some concierge services. Other services vary by floor	Services vary by section of the facility/campus
HOSPICE PROGRAMS End of life services Different from "Supportive" or "Palliative" care programs	<ul style="list-style-type: none"> Are assessed with 6 months left Medicare, Medicaid, some private medical insurance-covered 	<ul style="list-style-type: none"> Unpleasant topic for families to embrace Health interventions not typically covered 	R.N. oversight & home visits, weekly showers & caregiver assistance,	

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Detailed comparison of the most common types



	Adult Day Care	Home Care	Ind. & Assisted	ARCH	ICF & SNF	Foster Care
Typical Capacity	5-75	1-2	20-80+	1-5 (Type I) 8+ (Type II)	50+	2-3
Typical Staff Ratio	1 to 5-15	1 to 1-2	1 to 16-24	1 to 3-5 (Type I) 1 to 4-6 (Type II)	1 to 8-16	1 to 3
Type of Care	Socialization & Recreation	ADL (hourly)	ADL (none to mod assist)	ADL (24/7)	Nursing (24/7)	ADL & Nursing (24/7)
Monthly Base Rate	\$75-\$90/day	\$22-\$35/hr for CNAs	\$1500-\$7,000 (ILF) \$4,000+ (ALF)	\$3,000-\$11,000	\$8,500-\$14,000+	\$4,500-\$6,000 (if private pay)
Other Fees	Additional Services	Extra services	Private-Pay; Fee-Simple/Buy-in	Add'l Services; Case Manager (\$350-\$600/mo)	Private-caregiver (if needed)	Case Manager (\$650-\$1000/mo)
Medicare/Medicaid	Day Health	Home Health (up to 30 days)	Not covered	Some participate with Medicaid	Medicare up to 100 days (SNF) Medicaid (ICF)	2 Medicaid beds, 1 private pay bed
State Oversight	OHCA	OHCA	None (ILF) OHCA (ALF)	OHCA	OHCA	OHCA
Approx # of Beds on Oahu	1027 Seats	N/A	2,091 (ALF Beds)	423 (Homes) 2497 (Beds)	33 (Facilities) 3,219 (Beds)	1053 (Homes) 2,658 (Beds)
Care Focus	ADLs	ADLs	ADLs	ADLs (some nursing)	Nursing	Nursing & ADLs
Payment	Private pay (some subsidized)	Private pay (some subsidized)	Private pay	Private pay (rarely subsidized)	Private (ICF) Subsidized (SNF)	Private & Subsidized
Setting & Feel	Communal	Residential	Communal	Residential	Institutional	Residential

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Starting base rates (monthly, excluding other fees)



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