

Summary of Levels of Care

	Definition
Independent Living (IL)	Independent living is essentially a community designed for seniors. People appropriate for this level of care may not require any assistance, or require minimal assistance with activities of daily living (ADLs), but the setting may be more geared toward older adults, as housing units may be smaller, easier to navigate, and may include assistance with things such as maintenance. Additionally, independent living residents may hire personal care assistants if they require additional help. These residents may come and go as they please. These types of housing facilities are often social environments.
Assisted Living (AL)	Assisted living is a housing option for those who require assistance with some ADLs. However, AL is not appropriate for someone requiring 24 hour per day care. These residents may also come and go from the premises as they please.
Skilled Nursing Facility (SNF)	Nursing facilities provide the highest level of care for older adults outside of the hospital, and are appropriate for people requiring around-the-clock care. When a facility offers “skilled” services, this involves a rehabilitation team including physical therapists and occupational therapists.

*Memory care is also an area of care that is available in some facilities. Memory care may be offered at an assisted living level, and gives additional resident-centered care to those with Alzheimer’s Disease. St. Paul’s Towers in Oakland does not offer this service.