

# Personal Care Homes for Seniors



Personal care homes, typically provide seniors with the same services available in larger assisted living communities; the difference is that these facilities are “regular” houses in residential neighborhoods that are equipped, adapted, and staffed to care for a small number of seniors. These homes may go by other names including “residential care home” or “group home.” More commonly known as “personal care home” or “residential care home” in the Houston area. The website [elderoptionsoftexas.com](http://elderoptionsoftexas.com) provides guidelines on the Texas Licensing requirements of these facilities.

## CARE & LICENSING

Personal care homes provide care that’s comparable to what’s offered at [assisted living communities](#), but below the level of what at a [nursing home](#) provides, meaning that personal care homes are able to help with daily activities but do not provide skilled nursing assistance. They prepare the residents three home cooked meals daily, and are typically able to provide help with activities such as:

- Eating
- Health condition monitoring
- Grooming and hygiene
- Medication management
- Toileting

Personal care homes are required to be licensed in most states.

## **WHAT IS THE DIFFERENCE BETWEEN PERSONAL CARE AND ASSISTED LIVING?**

There is not a nationwide definition for personal care homes, but the basic difference between assisted living and personal care homes is their size. Assisted living communities are larger care facilities and personal care homes are smaller usually a house like a private residence that has been renovated to accommodate the special needs of the elderly.

## **ALTERNATIVE NAMES FOR PERSONAL CARE HOMES**

There are many of other terms used for the board care concept. Other terms used include:

- Residential care homes
- Adult family home
- Group homes
- Adult foster care
- Board & care home

In some regions one of these terms are more popular than the others. In California, California “board and care home” is the preferred term, while in North Carolina it’s “group home.” Don’t let the large number of terms confuse you. They’re all essentially the same thing.

## **PROS AND CONS OF BOARD & CARE**

Many seniors who are transitioning from living independently to long-term care are faced with choosing between a personal care home and an assisted living facility. Each have their own advantages and disadvantages. Some seniors and families prefer personal care homes to assisted living because personal care homes:

- Provide a cozy, intimate and homelike environment
- Have less residents, which allows for more interaction and attention from staff
- Can be significantly less expensive than assisted living facilities
- Have a relaxed, unstructured environment

Conversely, there are reasons that other seniors prefer assisted living facilities to personal care homes:

- Personal care homes usually have fewer amenities, activities, and recreational opportunities than assisted living communities.
- At personal care homes, residents typically only have a bedroom to themselves rather than their own apartment.
- The limited number of residents at personal care home may not be ideal for more social seniors.

Again, as mentioned in our other articles. Take your time and research all the available options. You may find that one you thought was appropriate may not have as good a fit as an option you didn't know existed. Quality of life goes hand in hand with longevity and your peace of mind when your loved one is happy and well cared for.