

Considering your options: What is an Adult Family Home?

Adult Family Homes are licensed by the State of Washington to care for two to six individuals in a private home setting. These homes provide sleeping accommodations, leisure and activity spaces, meals & snacks, laundry & housekeeping services, assistance with activities of daily living, personal care, twenty-four hour supervision, and socialization through planned activities. Homes with special certifications and licenses may even provide therapies and skilled nursing services.

Each provider chooses the level of care assistance they provide. Some homes specialize in caring for people who are physically frail. Other homes care for people who have dementia or Alzheimer's disease. Some homes provide support to individuals who are both frail of body and mind. A limited number of homes also care for younger adults with developmental disabilities. Each home has its own unique personality and area of specialty.

In addition to fundamental courses on care giving, first-aid, CPR and annual continuing education, Adult Family Home providers and their staff must become certified in various areas of specialty, if they provide care to individuals with those specific needs.

The depth of knowledge and experience spans a broad spectrum among providers and care giving staff. Some homes are operated by medical professionals such as physicians, nurses or therapists. Other homes are operated by para-professionals such as Certified Nursing Assistants or Nursing Assistants Registered. Yet other homes are operated by caregivers, who have gathered experience by working in other long-term care settings or through practical, life experiences.

The Department of Social and Health Services (DSHS) Aging and Adult Services licenses all Adult Family Homes in the State of Washington.

Adult Family Homes provide a loving and nurturing environment to older adults. It is not unusual for family members to be concerned about considering an Adult Family Home for their loved one. Family members are often overwhelmed by the task of considering which of the hundreds of available homes best meets their specific needs. Family members also have concerns about measuring the quality of care and services provided. Once a move occurs to an Adult Family Home, it is common for family members to feel completely at ease with the care and support that are provided.

When a family is seeking care, they often turn first to arranging for in-home care or they seek care within an assisted living community or skilled nursing facility. Although these alternatives are excellent options for some individuals, an Adult Family Home may be better suited to meet the individual needs of an older adult. If a senior can fair well with specifically-timed visits from a care giver, then in-home care works just great. If needs crop up throughout the day, or if the older adult suffers from memory loss, then short visits from in-home care may not be the best answer. A move to a care community such as an Adult Family Home will likely provide a better and long-lasting solution.

The State of Washington requires that a professional assessor complete a standard nursing assessment and care plan before a resident may move to an Adult Family Home. CHOICE provides this nursing assessment free-of-charge when accessing our referral services.

Call CHOICE at **800-361-0138** for a free,

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in-home consultation or guidance by phone or [email](#)

Get help now!

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Author: Tech Support

Last update: 2007-04-23 23:08