

RINCON del RIO ADVANCED LEVELS OF CARE

The Assisted Living and Memory Care units will not be built in the early phases of the project because there will be insufficient census to justify the staffing/operation costs. The advanced care units are offered on a priority basis to Rincon del Rio residents. However, should the need for assisted living or memory care occur before the dedicated building is constructed, services will be offered to residents in-home (as the vast majority of CCRC residents prefer) or with an on-site RCFE.

The RCFE will be located conveniently in an area designated for a Cottage. The interior will be renovated to care for 4-6 Residents. When the AL/MC is constructed, the RCFE will be returned to a standard cottage.

Remember, if a resident is in an RCFE, their home is most likely vacant or being marketed.

What is an RCFE?

RCFE refers to “Residential Care Facility for the Elderly” and encompasses Assisted Living, Memory Care, and Continuing Care Retirement Communities (CCRCs). RCFEs provide a special combination of housing, personalized supportive services, and 24-hour staff designed to respond to the individual needs of those who require help with activities of daily living (ADLs).

These senior housing options are non-institutional, home-like settings that promote maximum independence and dignity for each resident and encourage family and community involvement.

The acronym ‘RCFE’ (Residential Care Facilities for the Elderly) is interchangeable with the ‘AL’ (Assisted Living). It’s a matter of the number of beds: ‘Assisted Living (e.g., 16+ beds)’ or ‘Board and Care’ (e.g., 4 to 6 beds) — are non-medical facilities that provide room, meals, housekeeping, supervision, storage and distribution of medication, and personal care assistance with basic activities like hygiene, dressing, eating, bathing and transferring.

This level of care and supervision is for people who are unable to live by themselves but who do not need 24-hour nursing care. RCFEs are considered non-medical facilities and are not required to have nurses, certified nursing assistants or doctors on staff.

How are RCFEs Regulated?

In California, RCFEs are licensed by the Department of Social Services and are governed by a robust set of laws and regulations:

Residential Care Facilities for the Elderly (RCFEs) in California, **which encompass Assisted Living, Memory Care, and Continuing Care Retirement Communities (CCRCs)**, are highly regulated with a robust body of laws and regulations designed to promote resident independence and self-direction to the greatest extent possible in a residential, nonmedical setting. The California Department of Social Services, Community Care

Licensing Division (CCLD) enforces these laws and regulations through the initial licensing process and periodic inspections.

RCFEs are regulated by the California Code of Regulations, Title 22, Division 6, Chapter 8: (Attached)

The regulatory framework is designed to promote resident independence and self-direction to the greatest extent possible in a residential, non-medical setting.

What do RCFEs Provide?

Services may include:

- Assistance with ADLs: eating, bathing, dressing, toileting, mobility, etc.
- Medication management
- Social and recreational activities
- Housekeeping services
- Meals
- Transportation
- Dementia care
- Health-related services

Are RCFE's Standardized?

These models of care were developed to promote quality of life for hundreds of thousands of seniors and their families because services can be personalized to align with residents' needs and preferences. And since those preferences and needs vary widely, there is no single blueprint. For example, in an RCFE there doesn't need to be a set menu or mealtimes. If a resident prefers to sleep until 9:00 a.m. there is no need to awaken them because of a set schedule. When they awaken, their preference of food choice can be prepared to them.

Trained for Success

Communities share the common goal of providing excellent service, care, and support to their residents. In keeping with this goal, the extensive training requirements established for staff and administrators—including initial and ongoing education and testing—ensure that they are well-trained to meet the needs of residents.

There is no licensing difference between an RCFE and AL/MC. In California, facilities describing themselves as assisted living and offering personal care and supervision are licensed as RCFEs.