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## Supportive Living with Other Individuals

### **Is an Assisted Living Facility(ALF) right for me?**

An Assisted living facility (ALF) is a place where four or more adults live together. An ALF gives care that is “non-medical” and provides or coordinates personal and health care services with 24-hour supervision. Visit the [Department of Social Services](#) website to find an assisted living place near you. To see if you might qualify for help in paying for assisted living, visit the [DARS Auxiliary Grant program](#) website.

### **Is adult foster care what I need?**

Adult Foster Care is a program that offers a place to live, supervision, and special services for up to three adults. Check with your [local department of social services](#) to see if this is a choice that works for you. To see if you may be able to get help in paying for adult foster care, go to the [DARS Auxiliary Grant program](#) website.

### **Do I need a nursing home?**

A nursing home is a place that offers nursing services and health-related services 24-hours a day. You can check with your local department of social services, Center for Independent Living, or Area Agency on Aging to see if this is a good choice for you. The Centers for Medicare and Medicaid have created [Your Guide to Choosing a Nursing Home or Other Long Term Care Services & Supports](#).

### **What about a Continuing Care Retirement Community (CCRC) or Life Plan Community?**

A Continuing Care Retirement Community offers a place to live and nursing services to you if you are going to need it for a long time. You will be asked to sign an agreement with the continuing care retirement community and pay an entrance fee. Because CCRCs can cost a lot, you should talk to a financial advisor before signing a contract with a continuing care retirement community.

## **Are there group homes available?**

A group home is a home where people live with other people in the community with 24-hour-a-day supervision and assistance. The Department of Behavioral Health and Developmental Services (DBHDS) licenses group homes for people with an intellectual disability (once called mental retardation), people with a mental health issue, and people with a substance use disorder. For more information, contact your local [Community Services Board](#).

## **Where can I find out more?**

To find out more about these programs and to see if there are other living choices that come with services, contact your local [Center for Independent Living](#), [Area Agency on Aging](#), [Department of Social Services](#), or [Community Services Board](#).

If you'd like to view additional articles related to housing with services, choose from the following topics:

- [Assisted Living](#)
- [Continuing Care Retirement Communities and Life Plan Communities](#)
- [Nursing Home or Other Long Term Care Facility](#)

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