



WILLIAMSBURG LANDING®

Tips to Understand Senior Living's Alphabet Soup

If you are new to the world of senior living and care services, you might be confused by some of the acronyms and other terminology often used. To help you and your family gain a better understanding of the many different options available, we are pleased to provide this glossary of terms and their definitions to make your evaluation and decision-making process easier.

- **IL (INDEPENDENT LIVING)** – Independent living is for retirement-age persons who have the ability to live independently, but desire companionship and social opportunities with others of a similar age. Independent living offers specific services, amenities and programs that cater to senior adults and promote active, healthy lifestyles during their retirement years.
- **AL (ASSISTED LIVING)** – Assisted living is a housing option for seniors who cannot live independently and need help with medications and activities of daily living (ADLs), such as bathing, grooming, eating, dressing and going to the bathroom.
- **SNF (SKILLED NURSING FACILITY)** – A type of nursing care recognized by the Medicare and Medicaid systems as meeting long term health care needs for individuals who have the potential to function independently after a limited period of care. A multidisciplinary team guides health care and rehabilitative services, including skilled nursing care.
- **STR (SHORT-TERM REHABILITATION)** – Short-term rehabilitation facilities provide therapy for individuals recovering from a surgery, illness or accident. These programs help patients achieve their maximum functional capacity and return home safely in the shortest time possible. To achieve this goal, patients receive physical, occupational and speech therapy from compassionate and highly skilled therapists.
- **HHC (HOME HEALTH CARE)** – Home health care helps older adults live independently for as long as possible, even with an illness or injury. It covers a wide range of services and can often delay the need for more supportive forms of housing, such as assisted living. Services frequently include occupational, physical and speech therapies as well as nursing care.
- **MCAL (MEMORY CARE ASSISTED LIVING)** – Memory care assisted living, like you'll find at Williamsburg Landing, provides specialized services and engagement activities for loved ones living with Alzheimer's disease and other forms of dementia. Staff members are specifically trained in caring for those with memory impairment. Here, our resident's care is offered in a safe, secure and separate homelike setting where residents enjoy the privacy of their own room, each containing an elegant memory box filled with their personal photos and mementos.



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- **LTC (LONG-TERM CARE)** – This is the provision of medical, social and personal care services on a recurring or continuing basis to persons with chronic physical or mental disorders. The long-term care center at Williamsburg Landing provides extended nursing care in warm, welcoming and comfortable surroundings. Our goal is to make each resident feel at home.
- **CCRC (CONTINUING CARE RETIREMENT COMMUNITY)** – A CCRC such as Williamsburg Landing offers several living options and levels of assistance. These include independent living, assisted living, short-term rehabilitation/skilled nursing care, specialized memory care and long term care. CCRCs typically offer written agreements between the resident and the community, which offer a continuum of housing, services and health care, usually on one campus location.

Welcome to Williamsburg Landing

Looking for a [vibrant, engaging and fulfilling](#) way of life? If so, you'll find it at **Williamsburg Landing**.

Nestled on 137 wooded acres along the serene banks of College Creek in Williamsburg, Va., **Williamsburg Landing** is the premier, not-for-profit Continuing Care Retirement Community (CCRC), serving Williamsburg and the surrounding areas [since 1985](#). With one visit, you'll understand what makes **Williamsburg Landing** so special.

With a past rich in tradition and a future filled with promise, **Williamsburg Landing** is the perfect place to call home – for today and tomorrow.

To learn more or schedule a tour, please [contact us](#) today!