

CONNECTICUT ASSISTED LIVING FACT SHEET

- There are 89 Assisted Living Communities in Connecticut. In addition, Assisted Living Services are offered at approximately 15 state-subsidized Congregate Housing sites.
- Of the 89 Assisted Living Communities, 24 offer both Independent and Assisted Living. 26 Communities have a special secure unit for, or are entirely dedicated to, providing care for residents with Alzheimer's disease and other dementias.
- Over 5,000 residents are receiving Assisted Living Services.
- Nursing and personal care services for residents of Assisted Living Communities are licensed by the Connecticut Department of Public Health. Assisted Living Services Agencies are inspected by the Department of Public Health biennially and whenever there is a complaint. These inspections (surveys) are on-site reviews and include observation of the care actually provided to residents.
- A Registered Nurse must be on-site 40 hours per week and on call at all other times. Many Communities have additional Registered and/or Licensed Practical Nurses on-site during the day and evening hours.
- Aides who provide personal care services must be Certified Nurses Aides or trained Home Health Aides. They must meet the requirements for aides employed by nursing homes or home health agencies.
- Personal care aides must receive orientation and 6 hours per year of ongoing training. In addition, all caregivers in secured units for residents with dementia must receive 8 hours initially and thereafter 3 hours annually of education in caring for residents with dementia, and 2 hours annually of education in pain recognition, assessment and management.
- Each Assisted Living Services Agency must be staffed to meet the needs of the residents.
- Connecticut's Assisted Living Services Agency regulations were modeled on the state's regulations for Home Health Agencies. Connecticut was a national leader in requiring on-site Registered Nurses and specially trained or certified personal care aides, and in requiring providers to have a Quality Assurance Program, in its assisted living regulations.
- In assisted living in Connecticut, residents have their own apartments. Apartments may be shared only if the resident wishes. The privacy and autonomy achieved by assuring private living space for everyone are essential attributes of assisted living in Connecticut.

- Communities where Assisted Living Services are provided must register with the Department of Public Health. The Community must offer private apartments and common areas for residents' use and must meet the requirements discussed below.
- Assisted Living Communities must comply with all applicable Building and Fire Safety Codes.
- Assisted Living Communities must provide or make available meals, housekeeping and laundry services, scheduled transportation and social and recreational opportunities. The Community must also have an emergency call system in each unit and on-site washers and dryers.
- Most Assisted Living Communities are market-rate providers. Medicaid assistance for the cost of services is available to residents of state-subsidized Congregate Housing and certain HUD-financed senior housing Communities, as well as in pilot project communities financed by CHFA and DECD. In addition, there is a special limited pilot program that allows residents who have exhausted their own resources to remain in the Assisted Living Community by providing Medicaid assistance for services.
- In addition to the licensing and registration requirements of the Department of Public Health, Assisted Living Communities are also subject to oversight by Connecticut's Long Term Care Ombudsman. The resources of the Protective Services for the Elderly program of the Department of Social Services are available to residents when needed. In addition, residents have the rights of all tenants under Connecticut's landlord-tenant laws, including the special protections these laws mandate for people who are age 62 or older or who are disabled. Food Service is regulated and regularly inspected by local Health Departments as required by state Department of Public Health regulations.
- Residents actively participate in shaping their experience in assisted living. All Communities have well-organized, and vocal, Residents' Councils or similar organizations. A complaint process is available within each Community for residents who wish to address any individual issues. In addition, many Communities regularly conduct resident and employee satisfaction surveys and provide other ways to make suggestions and complaints – for example, through an anonymous "Suggestions" mailbox.
- Residents who have complaints and wish to contact a state agency may contact the Department of Public Health and/or the Long Term Care Ombudsman. Information about how to contact the Department of Public Health is listed in the Clients' Bill of Rights that is given to residents receiving assisted living services. Information about how to contact the Ombudsman is posted at the Community and may also be included in Handbooks or similar guides provided to residents.
- CALA invites you to visit any or all of our member Assisted Living Communities. To arrange a visit, simply contact the Executive Director of any Community in your area. Or call or e-mail Chris Carter, CALA's President, at (203) 772-7781 or at cpcarter@ctassistedliving.com.