



## A Plan For Senior Care's Guide For Senior Care & Housing Options

There are many types of senior care and housing options available to your loved one. Use our guide to understanding what each option provides. We will work together with you to help locate the best senior care and housing for your loved one tailored to his or her needs.

### **INDEPENDENT AND RETIREMENT COMMUNITIES** – Average 50 to 200+ residents in the community

Independent living communities are for active seniors 55+ that are typically still able to care for themselves. Private units are similar to senior apartments often having full kitchens.

**Average Monthly Costs:** starting from \$3,000-5,000 + per person for private apartments.

**Includes:** meals, housekeeping, transportation, entertainment, and activities. Private pay personal home care is offered.

### **ASSISTED LIVING COMMUNITIES**- Average 50 to 200+ residents in the community

Assisted living communities are for independent and seniors who need more assistance. Communities monitor resident's safety, health and social wellbeing. Private and shared units are similar to senior apartments but typically do not offer full kitchens.

**Average Monthly Costs:** starting from \$3,000-7,000+ per person for shared or private room options. Personal care charges are additional.

**Includes:** meals, housekeeping, transportation, entertainment, activities, supervision, and assistance with daily activities of living as needed. Assistance offered for the administration of medication and personal care services provided by a trained staff member.

### **RESIDENTIAL CARE HOMES** – 1 to 6 residents in the home (occasionally up to 15 in larger homes)

Residential care homes offer care and housing for 1-6 residents in a home environment. Seniors in this type of community typically need more care and assistance with daily activities. They can be cost effective when a lot of care or a smaller environment is needed.

**Average Monthly Costs:** starting from \$3,000-7,000+ per person for shared or private room options. Personal care charges are typically included with the rent amount.

**Includes:** meals, housekeeping, activities, supervision, and assistance with daily activities. Assistance offered for the administration of medication and personal care services provided by a trained staff member.

### **MEMORY CARE COMMUNITIES**- Average 20-50 + residents in the community

Memory care communities are secured and specialized communities for those residents with memory impairment- such as Alzheimer's, Parkinson and all forms of dementia. This type of community can be a standalone memory care building or a wing in an assisted living community. The specially trained staff, environment, and activities are tailored to stimulate and enhance the lives of residents with memory impairment. These communities can work with difficult or hard to manage behaviors and offer a 24-hour awake staff.

**Average Monthly Costs:** starting from \$4,000-15,000+ per person for shared or private room options.

**Includes:** meals, housekeeping, activities, supervision, and assistance with daily activities. Assistance offered for the administration of medication and personal care services provided by a trained staff member.

### **SKILLED NURSING COMMUNITIES**- Average 50-100+ residents in the community

Skilled nursing communities are also known as convalescent, rest home and rehabilitation care units. Skilled nursing communities offer rehabilitation and skilled nursing care. Skilled nursing is an option for a person that is very ill, bedridden or in need of care which requires medical attention or rehabilitative therapies following an accident or illness. Skilled nursing can be for a short-term stay or permanent living option.

**Average Monthly Costs:** starting from \$9,000-13,000+ per person for shared or private room options and include care.

**Includes:** meals, housekeeping, activities, supervision, medical care and assistance with daily activities. Assistance offered for the administration of medication and personal care services provided by a trained staff member.

### **HOME CARE**- **Average Cost Per Hour from a Licensed Agency:** starting from \$20.00-\$25.00 per hour.

This type of care takes place in the senior's place of residency. Private duty home care companions/aids do not offer any skilled nursing care. They can provide options like personal care needs, meal preparation, errands, escorting to doctor visits, activities, light housekeeping, shopping and social companionship.