



Time to Move?

Once you've made the decision to move to a senior housing community, the challenge is to find the one right for you. Your options include 55+, Independent, Assisted Living, Continuing Care Retirement Communities (CCRC), Memory Care and Skilled Nursing.

55+ or Independent

These are typically apartments or condominiums that are exclusive to seniors of a minimum age. Usually they require that at least one occupant be at least 55. They may or may not offer group amenities such as club houses or community rooms, recreation, planned socials, meals or healthcare. Some call themselves Senior Apartments or Retirement Communities. The Villages Golf and Country club in San Jose offers homes and condos ranging from \$300,000 to \$1 million+. Monthly rentals around \$3,000.

Independent and Assisted Living

Independent and Assisted Living communities offer a variety of combinations but usually include individual apartments with kitchens or kitchenettes. Included in the monthly

rents (\$3,000-\$7,000) are meals, activities, weekly housekeeping and laundry, transportation, security systems, emergency response systems and entertainment.

Seniors can move in as independent but, if needed, communities usually offer levels of personalized supportive services such as medication monitoring, bathing, dressing or grooming.

Continuing Care Retirement Community (CCRC)

Continuing Care Retirement Communities (and the similar Life Care Communities) provide the whole continuum of healthcare from independent and assisted living to skilled nursing and memory care, usually on the same campus. Residents can age in place without having to relocate.

CCRCs and Life Care usually require a buy-in fee (\$250,000 to \$1 million+ in addition to a monthly service fee (\$3,500-\$5,000).

Memory Care

These homes can be stand-alone or a special wing or floor of a larger, mixed community. Caregivers are specially trained and they offer special programs designed for the special needs of Alzheimer's and other related memory disorders. These homes require payment monthly in the range of \$5,000-\$10,000.

Residential Care or Board & Care

Usually a single-family home, in a quiet neighborhood with probably no more than six residents. Caregivers are on site 24 hours to provide a close, supportive environment that approximates family style living but includes personal assistance. Some homes accept dementia and Alzheimer's residents. Costs for a shared room range from \$4,000 with private rooms starting at about \$5,000+.

Skilled Nursing

Skilled Nursing Facilities (SNF) provide medical services that do not require actual hospitalization. Sometimes called Convalescent or Rehabilitation Hospitals, these services can be recuperative after surgery or illness. Payment is usually quoted per day like hospitals. Most accept Medicare but fewer accept Medi-Cal.

FREE!

SENIOR HOUSING ADVICE?

Need help selecting the Senior Community that is best for you? Whether it's an active retirement community or caring support that you need, we can help you choose.



877.373.6467

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