

Know The Differences

Assisted Living/ Memory Care/ Nursing Homes/In Home Care

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Assisted Living- provides housing, meals, and personal care assistance for seniors who need help with daily activities but not intensive medical care, fostering independence in a supportive environment.

Nursing Home Care (SNF's)- offers comprehensive medical, rehabilitative, and personal care for individuals with significant health needs requiring skilled nursing services and 24-hour supervision.

Memory Care- is a specialized form of care for individuals with Alzheimer's disease or other dementias, providing a secure environment, tailored activities, and staff trained to address their unique cognitive and behavioral challenges.

***Tip:** Inquire about extra fees for increased assistance and the frequency of care level assessments; also, ask if you can be present during these evaluations.

In-home Care provides personalized support services for elderly individuals within the familiar surroundings of their own homes, helping them maintain independence and comfort. These services can range from assistance with daily living activities like bathing and dressing to skilled nursing care and companionship, tailored to meet individual needs.

***Tip:** Research local in-home care providers and meet with several to assess their suitability and obtain at least three pricing quotes. Inquire specifically about caregiver consistency, as having the same dedicated caregiver fosters familiarity and trust for your parent(s), which is often preferable to frequent changes.

Pricing

Pricing for Assisted Living, Nursing Care, and Memory Care can really vary, not just between these types of care but also depending on where you live, so definitely do your homework locally. When you're looking, make sure to ask for a complete breakdown of all the fees. From my experience here in North Carolina in 2024/2025, Assisted Living monthly costs in our area ranged from about \$8,500 to \$10,000, and that didn't include any extra care. For Mom's Assisted Living, things like help with showering, drying her hair, choosing her clothes, getting dressed and dispensing medication were all additional charges on top of that monthly fee. So, be thorough and make a list of everything – don't hesitate to ask as many questions as you need to understand the full cost.

How To Choose

My first piece of advice? Don't just look at brochures online, pick out three or four places, skip the appointments, and just walk right in. That's what I did, and honestly, I was floored by what I found. Four out of the six places I visited didn't even have a door buzzer! I literally just strolled in – kind of scary when you think about security. But that wasn't even the worst of it. There was this one facility that offered both assisted and nursing care, and the number of residents in wheelchairs in the hallways, some not fully dressed, moaning and clearly distressed, was just shocking. Then I walked into the place Mom is now, and within sixty seconds, I just *knew*. It felt like a real home, small with under 50 residents, and just... warm. That feeling, that you know what you know feeling, is something you can't get from a website. Visit my **Page** here and download **The Assisted Living PDF** for a number of beneficial questions to ask while touring Assisted Living Facilities.

Disclaimer

The guidance I provide is based solely on my personal experience navigating care decisions for an aging parent. I am not a licensed professional, attorney, or financial advisor.

My services are offered for informational and supportive purposes only and are not a substitute for professional medical, legal, or financial advice. People are encouraged to seek guidance from appropriate licensed professionals regarding specific health, legal, or financial matters.

I do not provide medical diagnoses, treatment recommendations, legal advice, or financial planning.