

Typical Senior Living Facilities in Marin

Name	# of Residents	Buy or Rent	Meals Included	Independent Living*	Assisted Living*	Memory Care*	Skilled Nursing*	CCRC*	Fitness Center	Swimming Pool	Access to Hiking Trails
Villa Marin , 100 Thorndale Dr, San Rafael, 415-499-8711	200	buy	One per day	yes	yes	no	yes	yes	yes	small pool	yes
Smith Ranch Homes , 500 Deer Valley Rd, San Rafael, 415-492-4900	290	buy	yes/optional	yes	no	no	no	no	yes	yes	yes
The Tamalpais Marin , 501 Via Casitas, Greenbrae, 415-461-2300	300	buy-in /rent	Three per day	yes	yes	yes	yes	yes	yes	yes	yes
The Redwoods , 40 Camino Alto, Mill Valley, 415-383-2741	315	rent	yes/optional	yes	yes	no	yes	no	yes	yes	yes
Deer Park Retirement Community , 646 Canyon Rd, Novato, 415-451-1111	120	rent	Three per day	yes	no	no	no	no	very small	no	yes
Oakmont of San Rafael , 1 Las Gallinas Ave, San Rafael, 628-243-3959	120	rent	yes/optional	yes	yes	yes	no	yes	very small	no	limited
Springfield Place , 101 Ely Blvd South, Petaluma, 707-769-3300	85	rent	yes/optional	yes	yes	yes	no	?	yes	no	yes
Varenna at Fountaingrove , 1401 Fountaingrove, Santa Rosa, 707-285-9100	230	rent	yes/optional	yes	yes	yes	no	?	yes	yes	yes
Aegis Living , 5555 Paradise, Corte Madera, 415-483-1399	110	rent	yes/optional	no	yes	yes	no	?	no	no	yes
Drake Terrace , 275 Los Ranchitos Rd, San Rafael, 415-491-1935	125	rent	yes/optional	yes	yes	yes	no	?	very small	no	yes
Aldersley Retirement Community , 326 Mission, San Rafael, 415-451-1111	90	rent	yes/optional	yes	yes	yes	yes	yes	very small	no	yes
Windchime of Marin , 1111 Sir Francis Drake, Kentfield, 415-482-4100	30	rent	yes/optional	no	no	yes	no	no	no	no	no

***Definitions:**

Continuing Care Retirement Community (CCRC), now known as a **Life Plan Community**, is a senior living community type that offers tiered lifestyle and healthcare options all on one campus, including independent living, assisted living, and skilled nursing. They provide active lifestyle options to older adults through comprehensive services and amenities. At a Life Plan Community, residents often enter into independent living, then advance to assisted living or skilled nursing if their health needs change in the future. The hallmark of the Life Plan Community model is the continuum of care they provide. Some communities may also offer memory care to residents. They can be expensive, though. CCRCs charge two main types of costs: an enrollment fee and monthly fees. Generally, the initial payment runs around \$300,000 but some can exceed that, reaching \$1 million. In terms of a monthly fee, they range from \$2,000 to \$4,000 usually. Of course, there may also be additional fees in the form of pet deposits, parking, storage, etc.

Independent Living -- The independent living category encompasses a wide range of housing arrangements, from apartment-style communities to housing co-ops. Generally, though, residents live in their own private dwelling spaces and have access to common areas where they can gather with other members of the community. Here are some other ways people refer to independent living: active adult community, senior apartment complex, retirement community, 55+ community, retirement home. Because this option is designed for seniors who can still live independently, the features and amenities in individual units are comparable to those in a typical small home, townhouse, or apartment. Both independent and assisted living communities have various programming and resident amenities available regardless of your level of care. Typically, amenities and services include private apartments, housekeeping, 24-hour staff, transportation services, events and social opportunities, and various dining options. Most facilities provide common living areas such as small libraries, café areas, and gaming rooms for casual social activity.

In independent living, dinner is often included as part of your monthly fee, and many communities offer different options from fine dining to casual take-out, or residents enjoy cooking meals at home. In assisted living, all meals are typically included and residents are encouraged to eat in the dining room with friends. Mealtimes are important times for social connection. Both types of communities generally offer a robust calendar of learning and entertainment opportunities. Assisted living communities may offer more hours of programming per day, particularly in memory programs, and activities may be offered in smaller groups or with more tailoring for the physical and cognitive abilities of the residents.

Assisted Living -- Assisted living is geared toward aging adults who need some assistance with activities of daily living (ADLs), such as bathing and dressing, and instrumental activities of daily living (IADLs) like laundry and medication management. Staff members, including at least one medical professional (typically a certified nurse practitioner), are on call 24 hours a day in most residences. However, assisted living communities typically don't provide intensive hands-on care or skilled nursing care for older adults with serious mental or physical ailments.

Memory Care -- Memory care is a type of long-term care geared toward those living with Alzheimer's disease or another form of progressive-degenerative dementia. People who require a higher level of support than what is offered in assisted living, or who have advanced dementia that makes it unsafe to remain at home, may find that memory care is their best long-term care option. While nursing homes provide 24/7 skilled nursing care, memory care facilities offer a safe, structured environment that's specially designed to protect residents against wandering and self-harm. Memory care residents are generally free of any major health concerns aside from Alzheimer's or dementia, but they can no longer safely live in their own homes.

Skilled Nursing Facility -- A form of assisted living typically involving skilled nursing services in more of a clinical environment and residents typically live in a private or semiprivate room without a living room or kitchen.

Good Reference Source: "Hidden Costs of Aging in Place", <https://blog.presbyterianhomes.org/the-hidden-costs-of-aging-in-place-what-you-need-to-know>.

NOTE: The full presentation today, including the Powerpoint slides, this handout, and other good references are available at MarinCRA.com.