

Senior Housing & Care Quick Reference Guide

	Independent Living Community	Senior Apartment Building	Assisted Living Community	Memory Care/ Dementia Care	Residential Care Home	Skilled Nursing	In-Home Care	Adult Day Services	Respite Care
Average Age	75	65	80	80	80	Varies	Varies	Varies	Varies
Cost	\$2,000-\$5,000 Per Month	\$400-\$1,900 Per Month	\$3,500-\$10,412 Per Month	\$3,500-\$6,600 Per Month	\$1,000-\$8,000 Per Month	\$6,000-\$13,000 Per Month	\$20-\$39 Per Hour	\$60-\$215 Per Day	\$90-\$250 Per Day
Meals/Day	Meal Plan Option	None	3+	3+	3+	3+	None	1+	1-3
Medication Management	No*	No	Yes	Yes	Yes	Yes	Varies	Varies	Yes
Diabetes Management	No	No	Varies	Varies	Varies	Yes	Varies	No	Most Yes
Incontinence Care	No	No	Most Yes	Yes	Most Yes	Yes	Yes	Varies	Yes
Personal Care	No*	No	Yes	Yes	Yes	Yes	Yes	Varies	Yes
Alzheimer's Care	No	No	Varies	Yes	Varies	Varies	Yes	Yes	Varies
Nurses On-site	No	No	Varies	Varies	Varies	Yes	Varies	Varies	Varies
Mobility Assistance	No	No	Most Yes	Yes	Most Yes	Yes	Yes	Yes	Most Yes
Accepts Wheelchairs	Varies	Varies	Most Yes	Yes	Most Yes	Yes	Yes	Yes	Most Yes
Transportation	Yes	No	Yes	Yes	Varies	No	Varies	Varies	Varies
Housekeeping	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Most Yes
Personal Laundry	No	No	Yes	Yes	Yes	Yes	Yes	No	Most Yes

*Home Health companies may be available to contract these services on-site