



SENIOR LIVING OPTIONS

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A BETTER SOLUTION FOR SENIOR LIVING

Types of Living Situations

- Independent
- Assisted Living
- Memory Care
- Skilled Nursing
- Continuing Care Retirement Communities (CCRC)

Independent Living

- ≥ 62 years of age
- Physically and mentally healthy
- Typically 1 year lease plus fees or 1 time fee and monthly rent
- 60-day notice to break the lease
- Range from \$1,500 to >\$5,000/month

Assisted Living

- Physical and mental evaluation
- More supervision – extra effort to watch out for but no physical touch
- Assist with activities of daily living (ADL)
- ADL communities usually have 2 costs:
 - Room and Board
 - Care (Long Term Care Insurance helps cover)

Memory Care

- Individuals no longer to care for themselves
- State regulated, no federal regulations
- More training for caregivers
- Typically \$4,000 - \$8,000 per month
- Cost of individual care not covered by Medicare, medications are covered
- Long Term Care Insurance will pay a portion of the cost

Skilled Nursing

- Highest level of patient care required for all levels of daily living
- Licensed by the Arizona Department of Health Services. Some may also have certification for Medicare and Medicaid services; must meet Federal regulations.
- Medicare coverage:
 - Short term – 60 days
 - Long term – max of 120 days, after that private pay. Can be as low as \$250/day

Skilled Nursing

- Financial planners can help w/long term policies – different models, some asset based.
- Resource: [*A Consumer's Guide to Nursing Homes*](#) can be found on the Arizona Department of Health Services, Long Term Care Facilities Licensing website.

Continuing Care Retirement Communities (CCRC)

- Offer all levels of care from independent living through skilled nursing
 - Independent and Assisted Living levels require financial and medical review
 - Differences – costs and number of health care days
 - Typical cost structure – pay 1 lump sum up front and monthly service fee. As care needs change, costs remain the same, monthly care increases 2-3% per year

Continuing Care Retirement Communities (CCRC)

- No financial or medical review required for skilled nursing.
 - Can enter with pre-existing conditions

Group Homes

- Licensed for 5-10 residents
- 99.5% of homes are licensed for more care – good for memory care folks as smaller is better
- Inspected annually by AZ Department of Health Services
- Homes can be more specialized
- Amenities and services vary widely
- By law services provided include 3 meals/day, laundry, etc.

Group Homes

- Costs:
 - Larger community separate charges for care and rental fees
 - Small home charges in one lump sum
 - Average \$4,000/month for private room with own bathroom, \$2,500-\$3,200 for a shared room depending on level of care.

Your Own Home

- Resources available:
 - Transportation
 - Caregivers
 - Meals
 - Housekeeping
 - Medical services
 - Dental services

Advice

- Get your papers in order:
 - Powers of attorney:
 - Health Care
 - Financial
 - Mental
 - Financial – think about your care
 - Family – make your wishes known
 - Simplify – get rid of stuff early
 - Get educated on what options are available

Q & A

