

## Senior Housing Selection Tool

The search for senior housing can be overwhelming and confusing. Unsure what type of senior housing is right for you or a loved one? We've put together this chart to help you determine what senior housing and level of care options might be most appropriate based on your personal situation. This chart is designed as a general guideline but many community offerings may vary.

	<b>Independent Living</b>	<b>Assisted Living</b>	<b>Skilled Nursing</b>
<b>Medications</b>	No assistance with medications.	Assistance may range from medication reminders to dispensation of medications.	Medical personnel administer and monitor medications.
<b>Nutrition/Meals</b>	Community may provide some or all meals but residents have their own kitchen or kitchenette.	Some or all meals may be prepared for residents and assistance with eating and drinking may be provided.	All meals are provided and assistance with eating and drinking is available.
<b>Dementia/Memory Loss</b>	No assistance or supervision provided for residents exhibiting symptoms of memory loss.	Various levels of care may be provided- some facilities have dedicated wings or buildings and provide special care plans for these residents.	Provides care for residents with all levels of dementia.
<b>Housekeeping/Chores</b>	Light housekeeping may be available, but residents usually perform these tasks.	Typically provide light housekeeping at a minimum.	All housekeeping tasks are performed by facility staff.
<b>Dressing</b>	No assistance is provided for dressing.	Facilities offer assistance with aspects of dressing such as buttons, zippers, shoelaces and many provide complete dressing assistance.	Assistance is provided for all aspects of dressing.
<b>Mobility</b>	No assistance is provided with mobility.	Facilities may provide assistance with getting in and out of bed/chair, on and off the toilet, walking/wheeling, etc.	Assistance is provided for all aspects of mobility.
<b>Hygiene (bathing, shaving, combing hair)</b>	No assistance with hygiene is provided.	Facilities typically provide assistance with all aspects of hygiene.	Assistance is provided for all aspects of hygiene.
<b>Toileting</b>	No assistance with toileting is provided.	Facilities may provide assistance with incontinence, a colostomy, catheter or other eliminatory assistance device.	Assistance is provided for all aspects of toileting.
<b>Behavior</b>	No assistance or supervision provided for behavior.	Facilities may provide assistance or supervision with behavioral issues such as aggression, hitting/kicking, sundowner's syndrome, wandering, etc.	Typically are able to provide assistance with behavioral issues.

	<b>Independent Living</b>	<b>Assisted Living</b>	<b>Skilled Nursing</b>
<b>Nursing Care</b>	No nursing care provided however residents may be able to contract with an outside party to bring services into their residence.	Nursing care may be provided for any length of time up to 24 hours per day.	Nursing care is provided 24 hours a day.
<b>Therapies - Physical, Occupational, Speech</b>	No therapy provided however residents may be able to contract with an outside party to bring services into their residence.	Therapies may be accessible in a small number of assisted living communities but primarily on a contract basis.	Typically, therapies are available.
<b>Accommodations Provided</b>	A private apartment, cottage or home.	Most often a private apartment in a large community and a private or shared bedroom in a small community.	A private or shared room.
<b>Pets Allowed</b>	Likely. May be restrictions on type of pet, size and/or number.	Possible.	No.
<b>Types of Payment Accepted</b>	Private Funds (savings, proceeds from sale of assets such as a home, liquidation of life insurance policy), Subsidies for income-qualified seniors, VA Benefits (for financially disadvantaged Veterans who took part in active duty during wartime).	Private Funds, Long-term Care Insurance, VA Benefits (for qualified Veterans), Medicaid (in most states).	Private Funds, Long-term Care Insurance, VA Benefits (for financially disadvantaged Veterans who took part in active duty during wartime), Medicaid, Medicare (only in a rehabilitation setting after a stay in the hospital).
<b>Typical Cost Range (per month)</b>	\$1000-\$3000	\$2000-\$5000	\$3000-\$6500