


# Retire-in-Place vs. Assisted Living

 <b>RETIRE IN PLACE</b>	Assisted Living
<ul style="list-style-type: none"><li>✓ <b>Less expensive</b></li><li>✓ <b>No entrance fee or deposit</b></li><li>✓ <b>You don't have to move</b></li><li>✓ <b>Fully customizable packages</b></li><li>✓ <b>Freedom and autonomy</b></li><li>✓ <b>1-on-1 individualized care</b></li><li>✓ <b>Your meals, your way</b></li><li>✓ <b>Transportation on demand</b></li><li>✓ <b>Handyman maintenance</b></li><li>✓ <b>Personal Trainer</b></li></ul>	<ul style="list-style-type: none"><li>✓ <b>24/7 on-site nursing</b></li><li>✓ <b>24/7 medication management</b></li><li>✓ <b>Socialization</b></li><li>✓ <b>Facility group events</b></li><li>✓ <b>Secured memory care</b></li></ul>



## Assisted Living

<b>Monthly Cost</b>	\$12,000 for Essentials Package (monthly cost for a couple)	\$13,563 (average actual* monthly cost for a couple)
<b>Funding Source</b>	Private Pay, Reverse Mortgage, Long Term Care Ins, Veteran Aid & Attendance	House sale proceeds, Private Pay, Long Term Care Ins, Veteran Aid & Attendance
<b>Entrance Deposit</b>	None	Could be hundreds of thousands of dollars, partially refunded to heirs upon death
<b>Sell House/ Possessions</b>	No, remain in your own home surrounded by your treasured belongings and pets	Sell house/possessions and move into facility
<b>Caregiver-to- Client Ratio</b>	Your own personal caregiver delivering 1-on-1 care every day	Caregivers serve the entire facility
<b>COVID Risk</b>	Low	High
<b>Meals</b>	Fresh, home-cooked meals (using your food), prepared your way, on your schedule	Meals are included, but may not be your preferred food and not served on your schedule
<b>Medications</b>	Setup and management of ExactCare Pill Pack with caregiver medication reminders	Full medication administration priced separately and included in the average cost above
<b>Personal Care</b>	Your own personal caregiver delivering 1-on-1 care every day	Priced separately and included in the average cost above
<b>Housekeeping &amp; Laundry</b>	Included, whenever you need it	Priced separately and included in the average cost above
<b>Supervision</b>	Monthly visits from RN Care Manager	On-site nursing staff by ringing call bell



# RETIRE IN PLACE

## Assisted Living

<b>Memory Care</b>	Service is not appropriate in a residential home if safety or elopement are a risk	Additional significant cost for a secured unit in a memory care facility
<b>Transportation</b>	Included, with accompaniment at medical appointments if needed	Pre-scheduled bus trips for groups with limited accompaniment
<b>Caregiver Competency</b>	Thoroughly screened, competency tested, background checks, taxes/insurance paid	Thoroughly screened, competency tested, background checks, taxes/insurance paid
<b>Socialization</b>	Social stimulation & activities with existing network of neighbors, family, friends	Potential for social stimulation if resident participates in facility activities
<b>Home Maintenance</b>	Yes, includes monthly handyman visit and monthly house cleaning	Yes, included in the average cost above
<b>Fitness &amp; Nutrition</b>	Fitness & Wellness Coach personally customizes plan to help you live/eat healthy	Group activities are available, some with additional fee
<b>Care Management</b>	Your own Personal Advocate Team coordinates healthcare and house issues	Usually limited to a social worker that has some involvement with the facility residents
<b>Recreation</b>	Variety of scheduled social events, courses and access to online communities	Facility and off-site events
<b>Resources</b>	Access to screened partners and age-in-place referral sources with discounts	Not applicable - the facility manages everything
<b>Home Health Care</b>	Medicare covered: Skilled Nursing, Therapy (Part A) and Social Work	Medicare covered: Skilled Nursing, Therapy (Parts A & B) and Social Work
<b>Taxes &amp; Utilities</b>	Yes, continue to pay property taxes, utilities, trash/snow removal, internet, etc.	No longer need to pay property taxes and many utilities are included by the facility

**\*Survey data for Assisted Living prices and services:**

<b>Facility</b>	<b>City</b>	<b>Monthly Cost</b>	<b>Date Called</b>	<b>Time</b>	<b>Person</b>
Brightview Great Falls Senior Assisted Living	Great Falls	\$12,500	9/13/21	1:25pm	Claire
Greenbrier Assisted Living	Vienna	\$10,200	9/21/21	11:45am	Ray
Greenspring Senior Living Community	Springfield	\$17,009	9/20/21	11:33pm	Maya
The Kensington Reston	Reston	\$17,626	9/15/21	4:00pm	Karen
The Providence Reston	Reston	\$13,800	9/21/21	12:45pm	Kathleen
Sunrise at Reston Town Center	Reston	\$11,749	9/10/21	10:51am	Deborah
Tall Oaks Assisted Living	Reston	\$10,025	9/10/21	2:00pm	Crystal
Waltonwood at Ashburn	Ashburn	\$15,595	9/10/21	11:25am	Kathleen
<b>*Average</b>		<b>\$13,563</b>			

Services Coordinated By:

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