



# When Is It Time to Consider Assisted Living?

# A pleasure to be here today!



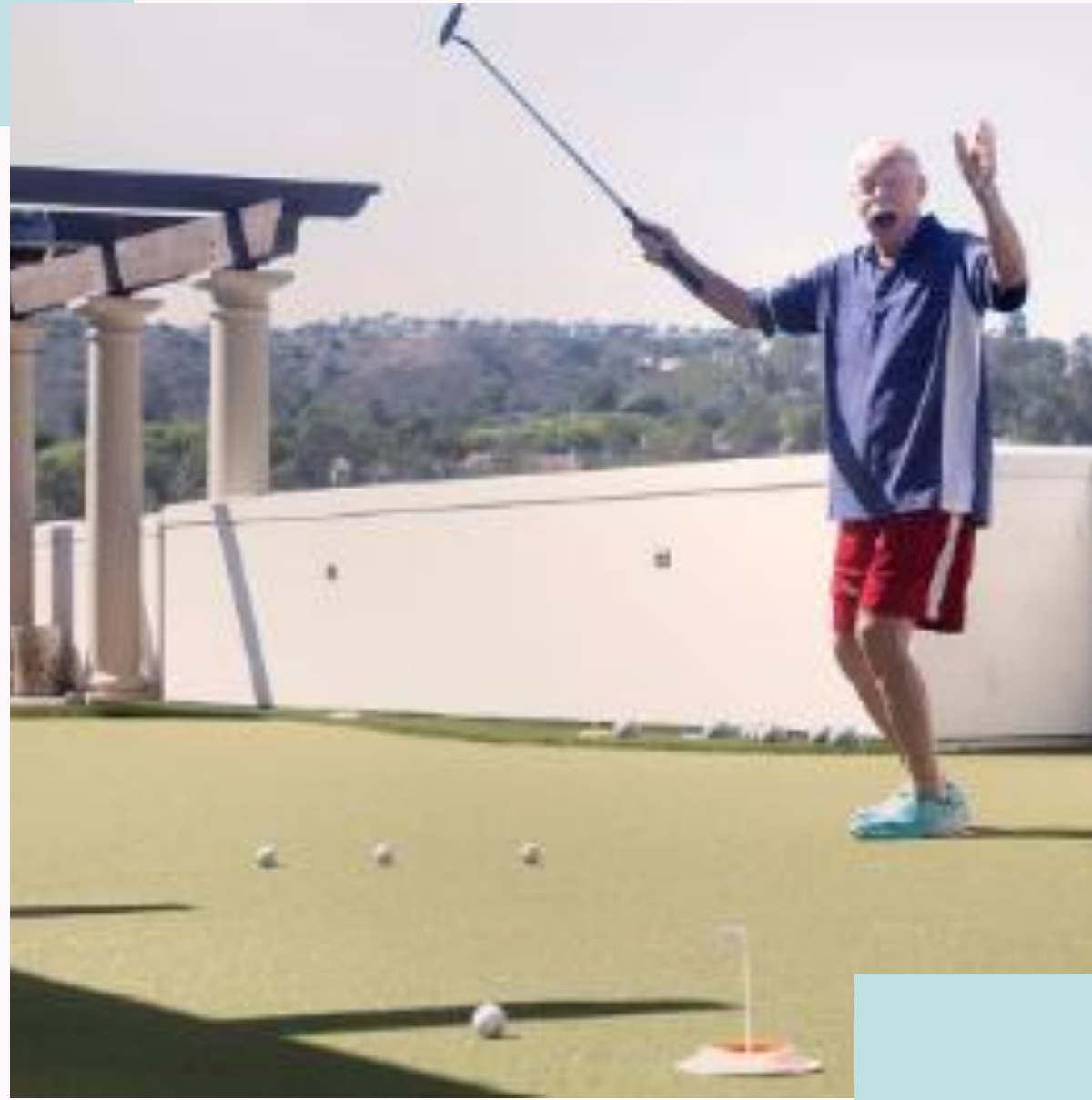
## *Leandra Negrete*

VP Operations

Kisco Senior Living

- Bachelor's of Science Gerontology, UC Davis
- Senior Living Industry, since 2011
- Current role oversees 3,500 residents, 2,700 associates in 34 communities across 10 states.
- Helped my grandmother move into Assisted Living





# “Spectrum” of Senior Living ...

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# One size does not fit all!

## SENIOR LIVING OPTIONS

- Home
- 55+ / Active Adult
- Independent Living
- Assisted Living
- Memory Care
- Skilled Nursing
- CCRC



**Home:** Senior may live alone, with spouse or may have family or private home care services for companionship, oversight, non-medical assistance. Most services paid out-of-pocket or some Ins./Medicaid assistance. Home is Home.



**Independent Living:** Apartment/Cottage home within social community. Access to amenities, housekeeping and services for fee. Month to month rental. Unregulated/Private Pay. Lifestyle & Convenience Focus.

**Skilled Nursing:** Medical/Skilled care and help with activities of daily living. Short term rehab or long-term care. Per day fee. Medicare/Medicaid/Private Pay. Medical Care Needs Focus



**SENIOR LIVING OPTIONS**



**Assisted Living & Memory Care:** Apartment in social community with health oversight, help with activities of daily living (non-medical), 3 meals, housekeeping, transportation. Month to month rental. Regulated Operations /Mostly Private Pay. Safety/Care/Social Focus



**CCRC:** Continuing Care Retirement Community, typically campus-setting with multiple levels of care offered where seniors can age in place. "Buy-In" or Rental. Age-In-Place / Planning for Future Focus

DID YOU KNOW?

# 75-84

Reports show most assisted living community residents, moved in between the ages of 75 and 84.



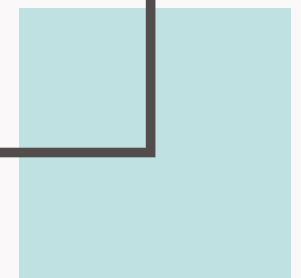


# Signs to consider:

- Yard and housework difficult to upkeep
- Loneliness / isolation
- Hygiene Concerns
- Mismanaged medications
- Needing help with daily activities
- Poor nutrition affecting health
- Memory / Cognitive Concerns
- Difficulty taking care of finances
- Spoiled Food in Fridge
- Unopened /Piled Mail
- Unsafe at home
- Caregiver Inconsistency or burnout

# BENEFITS OF ASSISTED LIVING

- Personalized care in residential setting
- Help with Activities of Daily Living (showers, dressing, grooming)
- 3 meals per day
- Maintenance and Housekeeping
- Social Programs daily
- 24/7 assistance
- Month to month rental





# What to look for:

- Apartment rent , care and other fees
- Services and Care offered
- Dining Menu, hours, Try the food!
- Calendar of Activities
- Religious/Spiritual Offerings
- Outings and transportation offered
- Resident to Resident interactions
- Resident to Staff interactions
- Apt. Safety Features
- State Regulatory Audits and Complaints
- “Fit” for you!



# Cost of Assisted Living:



## Monthly Median Costs: *San Diego Area*<sup>ⓘ</sup>, CA (2023)

In-Home Care <sup>ⓘ</sup>	
Home Maker Services <sup>1</sup>	<b>\$6,864</b>
Home Health Aide <sup>1</sup>	<b>\$7,245</b>

Community and Assisted Living <sup>ⓘ</sup>	
Adult Day Health Care <sup>2</sup>	<b>n/a</b>
Assisted Living Facility <sup>3</sup>	<b>\$7,250</b>

Nursing Home Facility <sup>ⓘ</sup>	
Semi-Private Room <sup>2</sup>	<b>\$11,558</b>
Private Room <sup>2</sup>	<b>\$15,208</b>

Body

## Monthly Median Costs: *Los Angeles Area*<sup>ⓘ</sup>, CA (2023)

In-Home Care <sup>ⓘ</sup>	
Home Maker Services <sup>1</sup>	<b>\$6,673</b>
Home Health Aide <sup>1</sup>	<b>\$6,673</b>

Community and Assisted Living <sup>ⓘ</sup>	
Adult Day Health Care <sup>2</sup>	<b>\$1,690</b>
Assisted Living Facility <sup>3</sup>	<b>\$5,748</b>

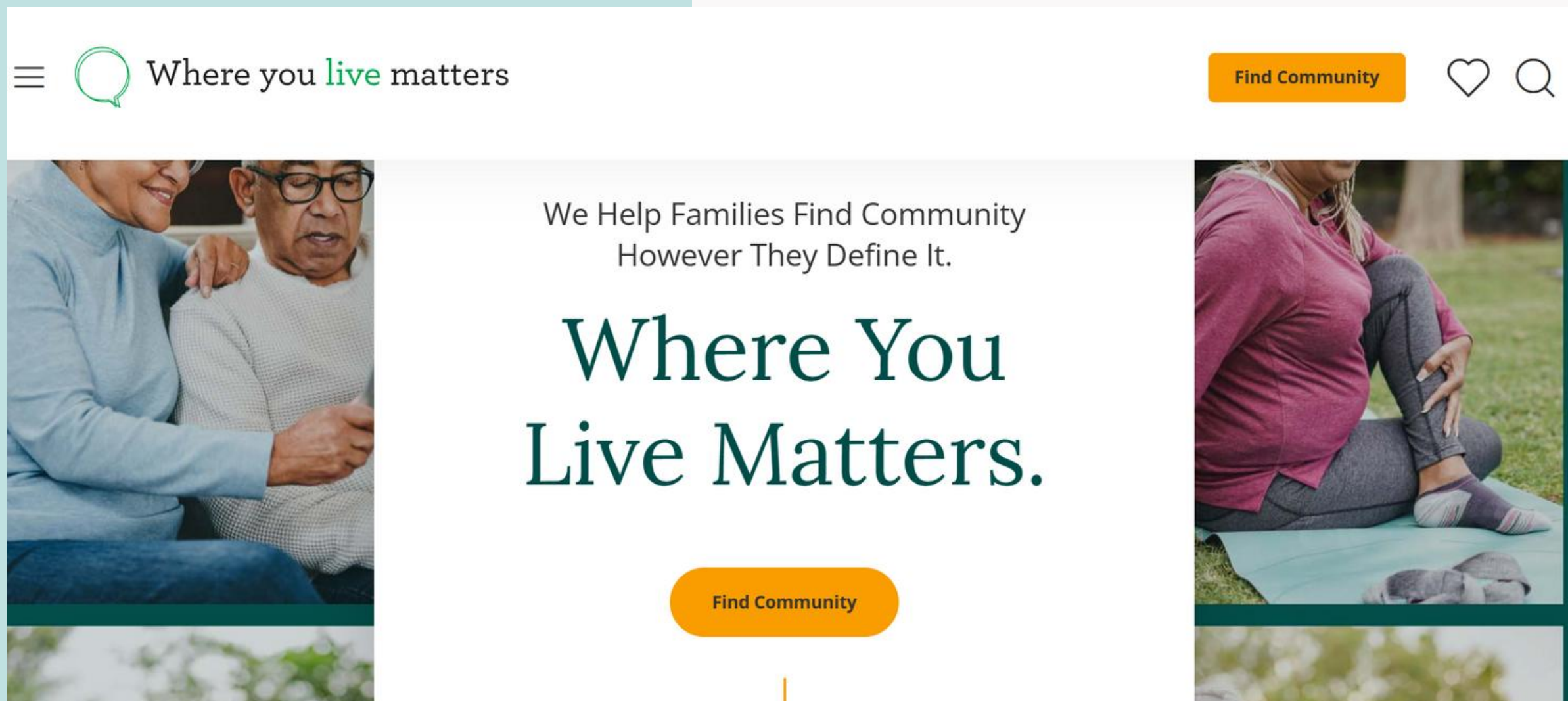
Nursing Home Facility <sup>ⓘ</sup>	
Semi-Private Room <sup>2</sup>	<b>\$10,646</b>
Private Room <sup>2</sup>	<b>\$13,262</b>

**How to pay:**  
**Sale of house**  
**Savings**  
**Income/SS**  
**Veteran's Assistance**  
**Long Term Care Ins.**

Source: <https://www.genworth.com/aging-and-you/finances/cost-of-care>

# Free Resources:

[www.wherewouldyoulivematters.org](http://www.wherewouldyoulivematters.org)



Living Options >

Cost >

Resources >

About

Providers >



**The right time to plan is when *you still can.***