



Senior Housing Options

Decision Making

<http://www.archhousing.org/current-residents/senior-housing.html>

Senior Profile Examples

Senior Profiles with Lifestyle Cost Estimates (Examples)

Because needs and prices vary, it's difficult to provide an average cost for any given housing or service option. Instead, this section presents three profiles of seniors faced with the need to make lifestyle changes and the estimated costs involved. Using these scenarios as examples, along with the assessment and evaluation worksheets that follows the scenarios, you may be able to estimate the costs of staying in your home versus the costs of moving to a different setting.

Profile 1: Edith Johansson

Edith Johansson is 82 years old. She has difficulty getting around in her home, and also has trouble cooking and cleaning. She's not eating the way she should, which has caused weight loss. Edith lives alone in the home she has owned for 40 years and would like to stay there, if possible. Her children live in nearby states and try to visit at least monthly for emotional support, but are unable to visit for daily care. Edith has a monthly income of \$486.00, and monthly household expenses* of \$480.00, leaving a disposable income of \$6.00. Her total assets, excluding the value of her home, are \$30,000.

*Typical Expenses - Mortgage/rent, utilities, food, transportation, clothing, medications, insurance premiums (health, car, homeowner, and long-term care premiums), entertainment, credit card payments, loan payments, taxes, and home maintenance.

Edith evaluated her options as follows:

Staying at Home		Moving to Housing-with-Services	
Services	Estimated Monthly Cost	Services	Estimated Monthly Cost
Home-delivered Meals 5 x per week	\$72.00	1 meal per day is included in total cost	N/A
Lifeline	\$30.00	Pull cord included	N/A
Homemaking, weekly 3- hour visit	\$180.00	Laundry and room cleaning are included	N/A
Household Expenses (see page 1 for a list of typical expenses*) Rent/Mortgage	\$0.00	Household Expenses Rent/Mortgage (includes utilities)	\$1,500.00
Other Expenses (food, clothing, insurance, etc.)	\$480.00	Other Expenses (food, clothing, insurance, etc.)	\$200.00
Total	\$762.00	Total	\$1,700.00

If Edith stays at home and uses her assets to pay for the services she needs, she will spend her assets at a rate of \$282.00 a month. Assuming her circumstances remain the same, she could stay at home for another nine years before using her assets (excluding home equity). Her income might qualify her for subsidized housing, which she may want to pursue. She could also consider a reverse mortgage, which would help her tap into the equity of her home to stay at home and pay for services. If she moves into a housing-with-services option, she would spend \$1,220.00 of her assets each month. Assuming her house is worth \$90,000, total assets after the sale of her home = \$120,000. She would spend all of her assets in eight years. Edith values living in her current home and chooses to pay for the services she needs there.

Profile 2: Gretchen Scott

Gretchen Scott is a 70-year-old woman whose husband recently died from a massive stroke. She is currently living in their paid-for home, but is finding the maintenance difficult. Additionally, she does not drive and is having difficulty finding transportation to go shopping (her home is not on a bus line). Her monthly income is \$1,042.00 and monthly household expenses are \$560.00, leaving a disposable income of \$482.00. If she sells her house, her total assets would be \$145,000.00.

Gretchen evaluated her options as follows:

Staying at Home		Moving to Housing-with-Services	
Services	Estimated Monthly Cost	Services	Estimated Monthly Cost
Chore (lawn mowing, snow shoveling, minor repair)	\$150.00	Chore (maintenance is covered by the rent)	N/A
Transportation (taxi service)	\$50.00	Transportation (included with rent)	N/A
Household Expenses (see page 1 for included items)		Household Expenses	
Rent/Mortgage	\$0.00	Rent/Mortgage	\$750.00
Other Expenses (food, clothing, insurance, etc.)	\$560.00	Other Expenses (food, clothing, insurance, etc.)	\$275.00
Total	\$760.00	Total	\$1,025.00

Gretchen decides that the extra \$265.00 it will cost her a month to move is worth it. She will have transportation to shopping and medical appointments. She is looking forward to meeting other people her age and developing new friendships. In addition, the senior complex she has chosen offers housekeeping and personal care services if the time comes when she needs the help. She will then use her assets to pay for these services.

Profile 3: Juan and Freda Ramirez

Juan and Freda live in a two-bedroom, market-rate senior apartment. Both are in their late 70's; Juan has Alzheimer's disease and needs a lot of direction and some assistance with bathing and other personal care. Freda, who is in good health, provides all of Juan's care. She is reaching a point where she realizes she needs a break from full-time care giving. Juan and Freda would like to continue living in their apartment, near family, friends, and medical care. Their combined monthly income is \$2,917.00 and monthly expenses are \$1,200.00, leaving them with a monthly disposable income of \$1,717.00. Assets totaled \$75,000.00 from the recent sale of their home.

Freda and Juan evaluated their options as follows:

Current Apartment		Moving to Housing-with-Services	
Services	Estimated Monthly Cost	Services	Estimated Monthly Cost
In-home Respite Care 4 hours per week	\$280.00	Assisted Living package includes: 1 congregate meal/ day, laundry, housekeeping, 2 home health visits per week	\$1,084.00
Adult Day Health 2 days per week	\$336.00	Adult Day Health 1 day per week	\$168.00
Transportation - Metro	\$18.00	Transportation (included in rental package)	None
Mobility 2 x/week Family	None	Family	None
Household Expenses (see page 1 for included items)		Household Expenses	
Rent/Mortgage	\$775.00	Rent/Mortgage (2 bedrooms + utilities)	\$850.00
Other Expenses (food, clothing, insurance, etc.)	\$425.00	Other Expenses (food, clothing, insurance, etc.)	\$450.00
Total	\$1,834.00	Total	\$2,552.00

Freda and Juan have a combined income that would allow them to choose either option without relying on their assets to pay for services. Freda decides she would like to try the services she has learned about before choosing a different living arrangement.

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