



PHOEBE MINISTRIES

Should I Stay or Should I Go? *Staying at Home Vs. Moving to a Senior Living Facility*

Home	Senior Living	
Decreased Independence- Reliance on family and friends for help.	Increased Independence- Transportation for social outings and appointments, optional physical, social, cultural and recreational programs and events on campus. Amenities such as beauty/barber shops, gift shops, outpatient rehab, and in home care.	
Home Maintenance- Housekeeping and yard work could become difficult to do on one's own.	Home Maintenance- Housekeeping and linen services are provided as well as maintenance of the buildings and grounds.	
Exercise- Exercise opportunities and fitness facilities are often far from the home and not geared toward seniors.	Exercise- Fitness facilities on campus as well as trained instructors to help plan and guide personalized exercise routines.	
Dining- Fewer options for meal choices and less company at meal times.	Dining- Dining with friends and neighbors in pleasant dining rooms. Table service, freshly prepared and balanced meals planned by dietitians; accommodations for special diets.	
Health Emergencies- Reliance on 911 and emergency services.	Health Emergencies- Emergency call system in each apartment, 24-hour staff assistance, physician services on-site.	
Transportation- Possible difficulty getting to appointments, worship services, activities or events.	Transportation- On-site, scheduled transportation to appointments, outings and events.	
Worried it is too expensive? Look at what you pay now! (2014 National Averages, According to <i>A Place for Mom</i>)		
Amenities/Services/ Expenses	Monthly Costs At Home (average)	Senior Living Costs (average)
Monthly mortgage or rent	\$953	\$3,102
Property tax	\$149	No cost
Property insurance	\$78	No cost
24-hour security services	\$100	Included
Monthly food/Dining	\$494	Included
Utilities	\$265	Most included
Housekeeping services	\$118	Included
Daily health aide visitations	\$4,500	May be included or available at a discounted rate.

Personal care	\$45/hr, 4 hour minimums	May be included or available at a discounted rate
24-hour emergency call system	\$50	Included
Landscaping/snow removal	\$100	Included
Home maintenance	\$147	Included
Trash removal	\$25	Included
Social and entertainment	Varies	Included