

SUNWAYS
ASSISTED LIVING CONCIERGE

Assisted Living Community or In Home Care?

SUNWAYS IS A FREE PLACEMENT AND REFERRAL SERVICE FOR SENIORS & THEIR CAREGIVERS.
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How Do You Choose?

THERE ARE SO MANY THINGS TO CONSIDER when the time comes to increase care for a loved one, but their safety and overall happiness is paramount. Every person and situation is different. It's important to look at your options and determine what's best. This simple guide will help to compare the pros and cons of each, so you can really focus in on what the best step is for you and your family.

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Level of Care Needed

THIS IS PERHAPS THE MOST IMPORTANT consideration to take into account. Both in home and community options can provide as little, or as much care that your loved ones need. This ranges from some basic help with housekeeping and preparing meals all the way up to helping daily tasks (showering, toileting, feeding) and 24/7 nursing care. It's really all about determining what is most important to you when it comes to care.



IN HOME CARE

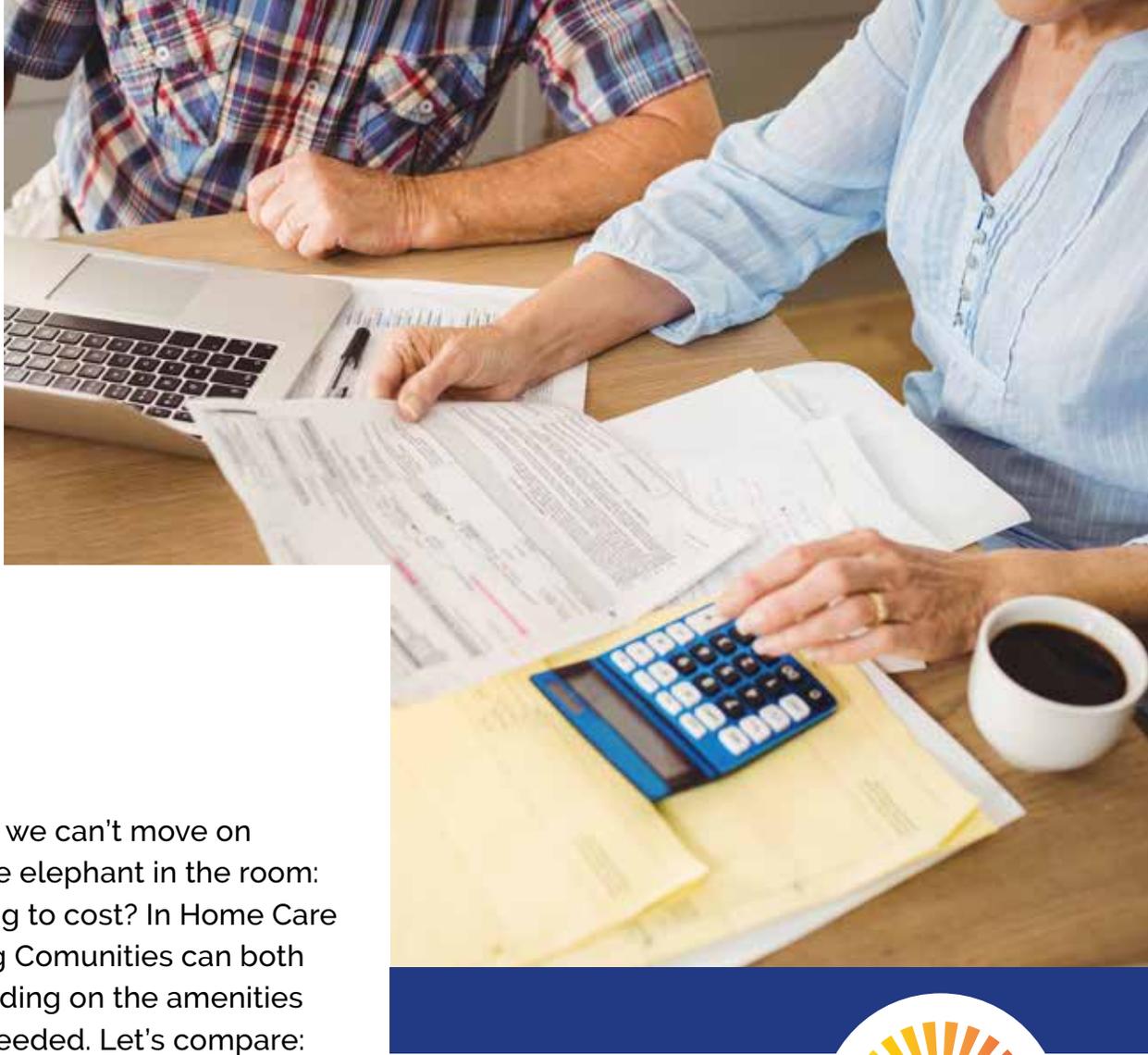
- + One-On-One Care:** Caregivers are able to give One-On-One attention and care to your loved one.
- Home Accessibility:** most homes are not equipped to offer the support that's needed like balance bars in bathrooms, doorways big enough for wheelchairs or may have carpet, stairs, etc. that create a fall risk.

ASSISTED LIVING COMMUNITY

- + Safety:** Communities are staffed with professionals who are trained to identify and meet the needs of your loved ones. The environment is designed for safety and ease.
- Rotating Caregivers:** Nursing and care staff are shared between residents, typically with a rotating schedule.

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Cost

SPEAKING OF THAT, we can't move on until we call out the elephant in the room: What's all this going to cost? In Home Care and Assisted Living Communities can both vary greatly depending on the amenities and level of care needed. Let's compare:



IN HOME CARE

HOURS OF IN HOME CARE NEEDED

x

CAREGIVER HOURLY RATE

add on these other expenses:

Groceries/meal prep + Personal Care Supplies
+ Household supplies + Transportation + Rent/Mortgage
+ Utilities + Home Maintenance

To give reference, according to Genworth, the 2018 national average cost was \$4,004 per month for in-home care (for 44 hours of care per week).

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ASSISTED LIVING COMMUNITIES

THE BASE MONTHLY RENT
+
ANY ADD-ON SERVICES OR COSTS

SOME ASSISTED LIVING COMMUNITIES are all-inclusive, while others will have “a la carte” add-ons. Check with the community to see if there are any added costs for services such as:

- + **Level Of Care**
- + **Personal Care Supplies**
- + **Overnight Visitors**
- + **Meals, Snacks, In-Room Dining**
- + **Housekeeping/Laundry**

To give reference, according to the Genworth Cost of Care survey, the 2018 national median cost for assisted living was \$4,000 per month which breaks down to around \$133 per day.



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Socialization & Activities

STUDIES SHOW SOCIALIZATION can directly impact physical health. It's important to consider the level of emotional support that's needed. Consistent socialization can improve:

- + **MOOD**
- + **BRAIN HEALTH**
- + **CONNECTION BETWEEN TIME & SPACE**

Plus, a variety of activities usually encourages physical movement like going into a new room, using fine motor skills for crafting or even if it's just sitting up and engaging.



+ In Home Care

If currently active, loved ones can continue to do the social activities and routine that they are used to with little to no changes.

However, studies show Seniors who live alone often become isolated as they age, which affects their physical and emotional health. Often Caregivers and family members are needed to step in to fill the gaps which isn't always an option.

+ Assisted Living

Communities emphasize socialization with a calendar of activities for all different interests. This ranges from games, crafts, exercise, shopping, field trips, and much more.

Community staff is trained to encourage residents to participate.

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Effect on Family & Caregivers

THIS IS THE MOST PERSONAL OF ALL the considerations we will talk about. It means taking a hard look at how these changes will affect the family members and Caregivers of your loved one.

In Home Care may allow flexibility for current caregivers to stay involved and just get as much support as needed. That said, it's not always possible to have the family/caregiver involvement that's needed to fill in the gaps when In Home Care is not present, or monitor the staff and loved one's progress.

A move into an Assisted Living Community is usually a big change for everyone, including your loved one's family members and caregivers. It can be an emotional strain on spouses and children to work through the transition and changes to everyday life. That said, knowing your loved one is in a safe environment is important and communities allow visitors anytime and for residents to leave for trips and activities to keep a sense of normalcy for everyone.



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