

# Living Options

## *for the Older Adult*



*Compiled by Imprint from AARP literature unless otherwise indicated*

Taking care of elderly parents is something that most adults will have to deal with at some point in their lives. Whether they're boomers or not, the elderly have a variety of choices, and whether you're a geriatric nurse or not, chances are you'll have to become familiar with some of the terms to the right, especially as boomers start needing greater care.

LIVING OPTION	DESCRIPTION	COST
<b>Nursing Homes</b>	<ul style="list-style-type: none"> <li>• Residence and facilities that provide room, meals, skilled nursing and medical care to residents.*</li> <li>• Can be stand-alone facilities or attached to hospitals or other retirement communities (like CCRCs below)</li> </ul>	<ul style="list-style-type: none"> <li>• 2006 daily average rate for a private room is \$206.*</li> <li>• 2006 daily average rate for a semi-private room \$183.*</li> </ul>
<b>ECHO (Elder Cottage Housing Opportunities)</b>	<ul style="list-style-type: none"> <li>• A separate, small, manufactured home added to a single-family house, usually that of an adult child.</li> <li>• Often removable and re-usable; permits independence for elderly adult while providing family care.</li> </ul>	<ul style="list-style-type: none"> <li>• Costs vary – but generally considered a comparably inexpensive elderly-care option. (Zoning codes must be consulted before this option is considered.)</li> </ul>
<b>Homesharing</b>	<ul style="list-style-type: none"> <li>• Two or more people sharing a residence, with each individual having a bedroom but sharing common areas.</li> <li>• Set up as a business arrangement or as individuals who want to have a friendship.</li> </ul>	<ul style="list-style-type: none"> <li>• Pricing depends on individual needs.</li> </ul>
<b>Assisted Living</b>	<ul style="list-style-type: none"> <li>• Provides some independence, not a nursing home.</li> <li>• Apartment style living, ranging from single rooms to full apartments. Some facilities are small, others are high-rise apartment buildings.</li> <li>• Some include meals and assistance with activities of daily living (ADLs).</li> </ul>	<ul style="list-style-type: none"> <li>• Costs vary: different levels of care come at different costs, and may increase as individual requires greater care with time.</li> </ul>
<b>Continuing Care Retirement Communities (CCRC)</b>	<ul style="list-style-type: none"> <li>• Also called “life care communities.” Provide a range of services, often on campus-like facilities, that provide a range of services different levels of care.</li> <li>• Independent living units: apartments, cottages, cluster homes, single-family homes.</li> <li>• Assisted living units (studio or one-bedroom apartments) with emergency buttons, support bars throughout residence, etc.</li> <li>• Nursing home facilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Generally expensive. Entrance fee generally required (from \$20,000 to \$400,000).</li> <li>• Monthly payments range from \$200 to \$2,500.</li> </ul>
<b>Accessory Apartment</b>	<ul style="list-style-type: none"> <li>• Apartment within the home of an elderly resident – can be rented to an individual or family member. (This option is appealing to those who already have an independent home but who live alone after a spouse has passed and children have moved out.)</li> <li>• Tenant can provide some living assistance as well as companionship.</li> </ul>	<ul style="list-style-type: none"> <li>• If home has to be modified to accommodate this option, the costs may vary depending on the house design. Community zoning department must be contacted.</li> <li>• Consider cost of renovations vs. potential income.</li> </ul>

## references

American Association of Retired Persons. (n.d.). *Housing Choices*. Retrieved September 10, 2007, from [http://www.aarp.org/families/housing\\_choices/](http://www.aarp.org/families/housing_choices/).

\* MetLife Mature Market Institute® in conjunction with LifePlans, Inc. (2006). *The Metlife Market Survey of Nursing Home & Home Care Costs*. Retrieved September 10, 2007, <http://www.metlife.com/WPSAssets/18756958281159455975V1F2006NHHCMarketSurvey.pdf>.