



BETHESDA
SENIOR LIVING COMMUNITIES

ASK THE RIGHT QUESTIONS *about assisted living and memory care costs*

When making the decision to move a loved one into a senior living community, it is important to understand the real value and total cost of your choice. This list of questions can help you better understand your loved one's needs, properly compare communities and ultimately help find a new residence that is a good fit.

HOW DO YOU DETERMINE THE RIGHT SERVICE PLANS & PRICING FOR YOUR LOVED ONE?

Senior communities offer a variety of services which can be bundled and priced differently. Be sure you are comparing apples to apples when shopping for care. For example, some communities offer all inclusive personal care while others charge a basic fee for a minimum amount of care and charge for any additional assistance. Your bill may vary month-to-month with this type of pricing.

HOW DO YOU DETERMINE LEVEL OF CARE AND DOES THAT EVER CHANGE?

For communities that are not all-inclusive, personal care is determined by an assessment. In most cases, this is done by a nurse from the senior living community. Once the level of care is determined, that cost is an addition to the basic monthly fee. Typically residents are assessed periodically to determine changes. As your care level increases, so will your cost of care.

WHAT ARE THE HIDDEN COSTS OF KEEPING YOUR LOVED ONE AT HOME?:

When considering keeping your loved ones at home or moving them into a senior living community, families don't often consider the hidden cost associated with the decision, such as: lost wages for missing work, inexperienced caregivers, stress on family and work, anxiety or late night phone calls from family and neighbors. Are you considering these costs and how does this affect you and your loved one's quality of life?

WILL YOUR LOVED ONE'S INSURANCE COVER THE COST OF A COMMUNITY?

If you own long-term care insurance, understand your policy benefits: elimination period, length of benefit, daily benefit and lifetime maximum benefit. Your insurance agent or financial advisor can point you in the right direction. When shopping for a senior living community, the Marketing Director or Executive Director should advise you if they accept your long-term care insurance.

HOW CAN ASSISTED LIVING BE TAX-DEDUCTIBLE?

Assisted living expenses may be claimed as an itemized medical expense and deducted from taxable income, with limitations. Be sure to talk to your accountant and ask the community about tax deductibility.

HOW CAN THE VETERANS AID & ATTENDANCE BENEFIT HELP WITH YOUR COST OF CARE?

The Department of Veterans Affairs provides an Aid and Attendance Pension to eligible wartime veterans and their surviving spouses which can help offset the expense of a senior living community, home health care or nursing home. If the veteran qualifies, Aid & Attendance funds are provided in addition to monthly pension and Social Security benefits. When shopping for a senior living community, ask who they work with regarding VA & Attendance Benefit.

Veterans may qualify for as much as:

- Married veteran: \$2,837 per month
- Single veteran: \$1,788 per month
- Healthy veteran with an ill spouse: \$1,404 per month
- Surviving spouse: \$1,149 per month

LIVING EXPENSES

Cost Comparison Worksheet

Assisted living offers advantages and services that are not available when living alone, which can actually result in saving money. To appreciate the true value of assisted living or memory care, take a few minutes to calculate what it costs for your loved one to live in their current home. Compare the present costs to the fees of your local Bethesda community.

HOUSEHOLD EXPENSES:

- Monthly rent/mortgage \$ _____ INCLUDED
- Property taxes \$ _____ INCLUDED
- Trash removal \$ _____ INCLUDED
- Community association fee \$ _____ INCLUDED

UTILITIES:

- Electric/gas \$ _____ INCLUDED
- Water & sewer \$ _____ INCLUDED
- Satellite/cable TV \$ _____ INCLUDED

MAINTENANCE:

- Furnace & AC \$ _____ INCLUDED
- Interior/exterior painting \$ _____ INCLUDED
- Pest control \$ _____ INCLUDED

SEASONAL MAINTENANCE:

- Lawn care \$ _____ INCLUDED
- Snow and ice removal \$ _____ INCLUDED
- Landscaping \$ _____ INCLUDED
- Gutter cleaning \$ _____ INCLUDED

MAJOR REPAIRS:

- Plumbing & electrical \$ _____ INCLUDED
- Roof \$ _____ INCLUDED
- Heating & cooling systems \$ _____ INCLUDED
- Driveway repairs \$ _____ INCLUDED

DAILY LIVING EXPENSES:

- Laundry & housekeeping \$ _____ INCLUDED
- Meals \$ _____ INCLUDED
- Health and Wellness \$ _____ INCLUDED
- 24 hour emergency call system \$ _____ INCLUDED
- Caregiver/companion \$ _____ INCLUDED
- Daily Activities \$ _____ INCLUDED

OTHER POSSIBLE EXPENSES:

- Appliance repair/maintenance \$ _____ INCLUDED
- House painting/siding \$ _____ INCLUDED
- Chimney maintenance/repair \$ _____ INCLUDED
- Carpet replacement \$ _____ INCLUDED
- Window replacements \$ _____ INCLUDED
- Lawn fertilizer/weed control \$ _____ INCLUDED
- Maintenance & upkeep of lawn equipment \$ _____ INCLUDED
- Car insurance & maintenance/repairs \$ _____ INCLUDED

TOTAL MONTHLY COSTS: \$ _____

COMPARED TO

MONTHLY LIVING COSTS AT OUR COMMUNITY: \$ _____

Monthly costs are based on each resident's apartment type and individualized care assessment. Contact your local Bethesda community today for a quote.