

# Comparing your senior care options

	WHO WOULD BENEFIT?	SERVICES COMMONLY OFFERED	PRICE RANGE IN MASSACHUSETTS
SENIOR APARTMENTS / 55+ APARTMENTS	Active, independent, and healthy seniors who are enjoying their retirement years	None	\$500 - \$2,000 per month
INDEPENDENT LIVING / RETIREMENT COMMUNITIES	Active, independent, and healthy seniors who wish to live with other seniors in a community setting	Golf course, swimming pool, social activities, gourmet dining services, light housekeeping	\$1,500 - \$5,000 per month
ASSISTED LIVING	Seniors who are independent and social, but need assistance with activities of daily living (ADLs)	Fitness classes, social activities, healthy dining, transportation, assistance with activities of daily living (ADLs), housekeeping	\$4,500 - \$9,500 per month
MEMORY CARE / ALZHEIMER'S CARE	Seniors who have Alzheimer's disease or other types of dementia	Special meal preparation, secured environment, specialized memory support	\$6,000 - \$10,500 per month
NURSING HOMES / SKILLED NURSING FACILITIES	Seniors who require 24-hour medical care	The highest level of care to patients who need 24/7 medical attention	\$240 - \$560 per day
HOME CARE	Seniors who live at home and need help with meal preparation, ADLs, and transportation	Meals, assistance with ADLs, and housekeeping	\$14 - \$32 per hour
ADULT DAY CARE / ADULT DAY SERVICES	Seniors who need assistance, socialization, and meals during work hours	Meals, assistance with ADLs, and social activities	\$42 - \$132 per day
PROGRAMS OF ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE)	Seniors certified by the state to need nursing-home care but want to live in the community, and need some help with ADLs to do so safely	Adult day care, meals, primary care, hospital care, social services, nutritional counseling, prescription drugs, transportation, various types of therapy, more	Varies depending on income and insurance