

Types of Senior Housing

Independent – 55+ or 62+

- Completely independent apartments with no services, may have amenities and activities for residents included in rent or for an additional fee
- Independent apartments with communal dining and activities included in rent
- Independent apartments within in an Independent Living/Assisted Living community

Assisted Living

- Typically communities of 40 to 100, or more, apartments with amenities and services. Rent includes 3 meals daily, activities, transportation to doctor's appointments and shopping, weekly outings to museums, sporting events, etc., utilities, housekeeping, fitness classes, educational events and more. Communities have onsite wellness offices with nurses and often have visiting physicians. Care is provided when needed to support activities of daily living which include bathing, dressing, eating, toileting and medication management. Prices are dependent on level of care needed.

Memory Care

- Many of the same attributes of Assisted Living, in a secure community, for those who are not safe on their own behind closed doors, or those that may be at risk for getting injured or lost if they are not in a secure location.
- Memory Care may be a section or floor within an Assisted Living community, or it may be the entire community dedicated solely to caring for those with various forms of dementia, including Alzheimer's Disease.

Adult Family Homes

- Washington State licenses Adult Family Homes for a maximum of 6-8 residents being cared for in a home residence with 24-hour onsite caregivers. Owners may be registered nurses, or they may have contracted nurses provide nurse delegation for tasks that require it. Assistance is provided for all care needs for a set price each month based on an assessment done before move in. Homes provide activities that are tailored to individual needs. Adult Family Homes cater to those with, and without, dementia, those with high care needs but who don't need to be in skilled nursing facilities, and those who prefer a home setting.

Adrienne Miller, Senior Housing Advisor, 206-383-2001

Adrienne Miller 206-383-2001



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SERVICES, LLC

Independent/Assisted Living Community
Cost of Living Comparison Worksheet

<u>Average Monthly Expenses</u>	<u>Your Cost</u>	<u>Usually Included</u>
Mortgage or Rent	\$	X
Property Taxes	\$	X
Food Costs (Groceries & Dining Out)	\$	X
Home Maintenance & Emergency Repairs	\$	X
Utilities (Gas, Electric, Water, Sewer, Garbage, Recycling)	\$	X
Telephone/Cell Phone	\$	
Basic Cable	\$	X
Appliance Upkeep (Washer, Dryer, Refrigerator, Stove)	\$	X
Housekeeping, Linen Service, Laundry Facilities	\$	X
Yard Maintenance	\$	X
Transportation Costs (Car Payment, Insurance, Upkeep, Gas)	\$	X
Security (Emergency Call System, 24-hour staffing)	\$	X
Access to Wellness Center	\$	X
Chef-prepared meals	\$	X
Dietitian	\$	X
Social Programs, Activities and Entertainment	\$	X
Fitness Classes and Equipment	\$	X
Computers with Internet and Printer	\$	X
Total	\$	

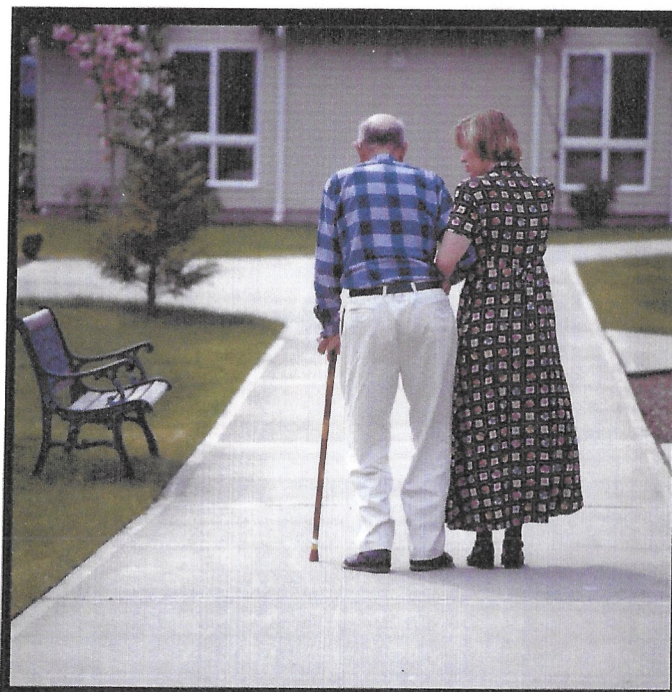
You Are Not Alone

"I was just beginning to seek elder care services for my parent, and Adrienne put me on the right track towards evaluating the different options and getting the information needed. Truly grateful for her help."

"Adrienne was an outstanding resource for my family during a very difficult time. We were seeking an assisted living / memory care residence for my mother-in-law within a very short timeline. Until we met Adrienne, we were overwhelmed and uncertain of the process. Adrienne was extremely diligent and timely in her work, readily facilitating several meetings and working around our complex schedules. She was prompt in her communications, and thoughtful in her assessments of the options. Adrienne is knowledgeable about and connected to many kinds of residences. She helped us navigate systems quickly, and took on much of the leg work we would not have been able to do in such a short time. We appreciated Adrienne's positive outlook, warm presence, and wise perspective as we made our choice. We feel so fortunate to have met Adrienne, and are extremely grateful for her hard work and excellent counsel. We would highly recommend her to others. In fact, she is now assisting my mother in finding housing!"



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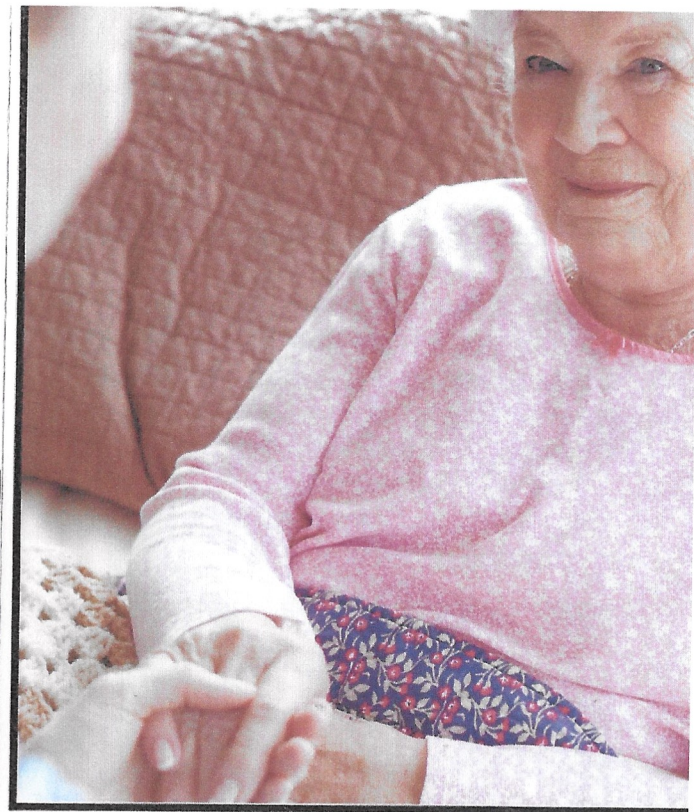


We Care About Your Family!

**Call or Email Adrienne Miller,
Chief Care Officer**

206-383-2001

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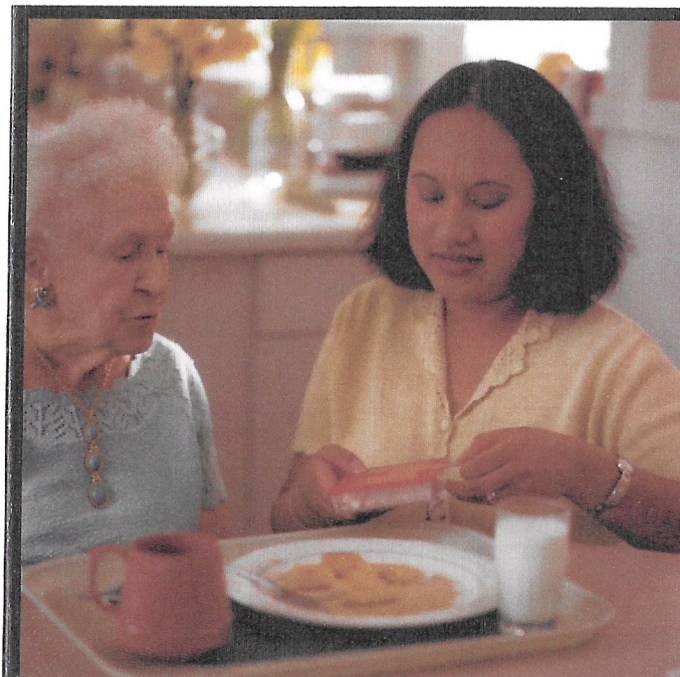
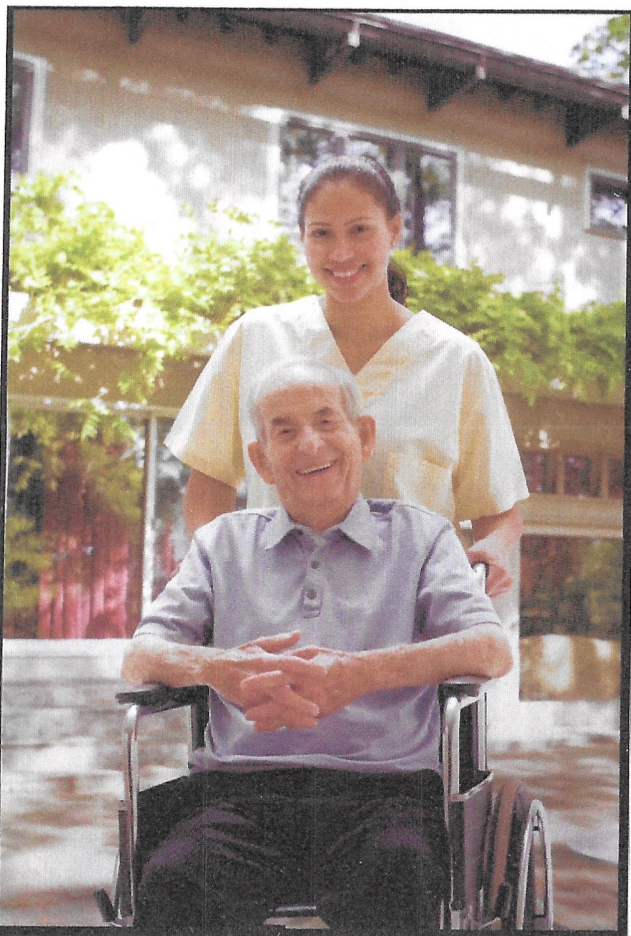
**Free Adult Family Home,
Assisted Living and Memory
Care Referral Services in
North King and South
Snohomish Counties**

www.forevercareservices.com

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What We Do

The senior care industry in Washington is overwhelming and the challenge of finding the right place can be stressful to all involved. Our goal is to narrow the choices to the best ones for you, options that we have personally toured. We are here to help you find quality care for yourself or your loved one. Before we refer you to housing and care providers we meet with you to completely understand your medical, social, financial and spiritual needs. We will meet you in your home, at the hospital or wherever is most convenient for you.



Who We Serve

- *Adult Children helping a parent find a safe, secure care community
- *Spouses who can no longer meet the high demands of caregiving at home
- *Powers of Attorney working on behalf of client, family member or friend
- *Seniors living alone and in need of companionship and care

We are here to help you navigate all of the information and options available in Adult Family Homes, Memory Care, Assisted Living communities.

Our job is to make what can be an intimidating process one that preserves our client's dignity by offering a holistic approach to finding senior housing.

Communities We Know

Adult Family Homes specialize in caring for residents in a residential setting. The homes are licensed for a maximum of 6 residents with onsite caregivers making them a great option for those who may be overwhelmed in a large community. All of the daily needs of the residents are provided and many homes offer activities designed to keep the brain and body active for as long as possible.

Assisted Living communities offer a wide variety of services and activities. Seniors may choose to live in an assisted living community before they need any services at all and then transition to the services they need over time. These may include medication management, bathing assistance, dressing assistance, escorts to meals and activities, etc.

Memory Care units may be a secure part of an Assisted Living community or a stand alone community dedicated completely to those with dementia, including Alzheimer's Disease.



Adrienne Miller

Chief Care Officer and Senior Housing Advisor

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Free Senior Housing
Consultation and
Referrals to Communities

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