

A Comparison of Assisted Living and Home Care

Geer Lodge Assisted Living

-VS-

Home Health Aide

BEST FOR

Individuals who could benefit from access to supportive services or need more assistance than family can sufficiently provide at home, but who don't need the level of care provided by a nursing care center.

Assisted living residences have become the primary means of providing housing, meals, personal care services (e.g., bathing, grooming, dressing, eating, toileting, ambulation), assistance with medications and other supportive services. These services are provided in a residential setting designed to promote and enhance the independence of the individual and improve quality of life.

Individuals with short-term care needs that follow a consistent schedule, and who are capable of regaining independence and quality of life to a level that is safe and adequate to live at home.

LIVING ENVIRONMENT

Designed specifically to accommodate the needs of older adults (i.e., one level apartment living, emergency response system, access to care staff 24/7, grab bars, walk-in shower with low entry & optional seat, etc.).

A wide range of home modifications for safety may be needed (i.e., grab bars, emergency response system, repurposing rooms, widening doorways, adding an access ramp, stair lift, walk-in shower, etc.).

STAFF AVAILABILITY

Licensed nursing staff is available 24/7 to accommodate residents' scheduled and unscheduled needs, including assistance with bathing, grooming, dressing, eating, toileting, ambulation and medication management.

Care staff generally contracted for on a per hour basis, and a minimum visit length may apply. Care needs may not coincide with when an aide is scheduled to be in the home.

CONTINUITY OF CARE

Personal care services consistently provided by regular care staff. Continuous caring relationships and interactions with known health care professionals may allow staff to better identify possible changes in condition. This is particularly beneficial for individuals with chronic conditions such as high blood pressure, heart disease, depression, diabetes, osteoporosis, arthritis, Alzheimer's disease and other dementias.

Personal care services may be provided by rotating care staff. Possible changes in condition assessed upon scheduled visits.

OPPORTUNITIES FOR MEANINGFUL SOCIAL ENGAGEMENT

Numerous studies have shown that staying socially active is essential for maintaining good physical and emotional health and cognitive function. The Geer Lodge activity program offers a comprehensive array of social, intellectual and physical health-related activities each month.

If living home alone, the individual may not have opportunities for meaningful social engagement.

TRANSPORTATION

Transportation for shopping and appointments included.

Those who no longer drive may be dependent on family, friends or an outside transportation service.

NUTRITION

Three nutritious meals served restaurant-style each day.

Meals or meal delivery services often need to be arranged.

COST

In contrast to the average cost of a home health aide, which does not include ongoing cost of living expenses, Geer Lodge's inclusive service package offers an extraordinary value. Geer Lodge Assisted Living provides personal care services, medication management, health monitoring by a licensed nurse, trained care associates available 24 hours a day, three meals each day, all utilities, telephone service, cable TV, wireless internet, weekly laundry, weekly housekeeping and linen service, scheduled transportation and more.

According to the Genworth 2020 Cost of Care Survey, the median monthly cost of a home health aide in the area is \$5,339. This cost increases significantly if in-home care by a private duty licensed nurse is required. Plus, add the monthly costs of food, utilities, taxes, insurance, household upkeep, and possible expenses associated with modifying the home for safety (i.e., repurposing rooms, widening doorways, adding an access ramp, emergency response system, stair lift, etc.).