



Comparing Senior Care Costs

There are many factors to consider when making the choice between home care or a CCRC, but cost is usually one of the important ones. Take a look at the steps below to help you calculate the average monthly cost for home care and for living in a CCRC or life plan community, so you can compare and make the best choice for you or a loved one.



Continuing Care Retirement Community (CCRC) Cost Estimate

Option 1:

To calculate the monthly cost estimate for moving into a CCRC, determine the level of care needed (independent living, assisted living, skilled nursing, memory care, etc.) and then look up the average cost in your state (this information can typically be found with a simple search online).

- Make sure to include location as costs will vary per state.

Option 2:

If you're unsure about the level of care needed or if you're looking for a more accurate number, reach out to a local senior living community such as The Pines at Davidson. Our sales team will be more than happy to provide additional information and to help you determine which type of care is needed and the monthly costs associated.

Home Care Cost Estimate

Option 1:

For a quick estimate, take the number of hours per month that you believe home care needs to be provided, and multiply by the average cost of home care in your state.

Option 2:

For a more accurate number, break down the individual's typical week and determine the number of hours they need each of the following types of care:

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For a more accurate number, break down the individual's typical week and determine the number of hours they need each of the following types of care:

- 1. Medical home health care:** Care that can only be provided by a medical professional.
- 2. Personal care:** Assistance with daily tasks such as bathing or getting dressed.
- 3. Monitoring:** Not actual care in the home, but someone is on call for emergencies.
- 4. Independent:** No assistance required.

Note: Your total should add up to 168 hours per week.

Next, determine who will be providing each type of care (for example, friends/family, a healthcare provider, home care aide, or none).

Finally, calculate the cost! Look up the hourly cost for each type of care in your state and multiply by the number of hours determined for each. Add these totals up to get your weekly cost. You can divide this number by 7 for your daily cost and then multiply by 30 to get a monthly cost for home care.

For a true cost comparison of home care vs. a CCRC, add your average monthly cost for food, utilities, rent, cable, and other miscellaneous home maintenance costs to your monthly total for home care, as these would be eliminated if you were to move into a CCRC.

We hope you find this useful, and if you have any questions at all, please reach out to our community directly!

