

# ASSISTED LIVING



Here is some basic info about assisted living. You can access public reports on all these communities at this website: <https://ltclicensing.oregon.gov/Facilities>. You don't need to navigate this site; I'll just link the state report to any communities I recommend. But I want you to have access to this resource.

## **Each community generally has the following:**

- 24-hour access to personal care staff
- RN 40 hours a week and on-call
- An emergency communication system (pull cord and pendants)
- Three meals a day and snacks
- Weekly housekeeping
- Weekly personal laundry and linens
- Fully accessible bathroom and grab bars, easy-to-use shower
- Basic cable, internet, and all utilities (except personal phone)
- Each community has some amenities and activities specific to that location that will accommodate Home Health (PT, OT, speech therapy) in the home and follow the therapy advice given to help strengthen the resident.
- Each community usually works with a specific pharmacy that they can refill from and have medications delivered. Your average co-pays will apply.
- Works in close cooperation with whatever hospice agency you choose

Each apartment has base rent, and additional care costs will be added based on your needs. For example, help to shower, bed mobility, and medication management. The care costs are determined after an assessment after you have toured and decided which location you prefer. Once you move in, there should be another assessment after 30 days to ensure your needs are met. Most assisted living buildings have a base rate of \$4,000 – 4,500 (average) a month for a studio and \$6,500+ for two bedrooms, with individual care costs on top of that. Most communities require a one-time Community Fee ranging from \$2,500 to \$10,000. The care costs vary and are determined after an assessment by the care provider. Residents and or their families typically furnish the rooms or apartments.