

## Care Options Break Down

### ***Home Care Options***

Homecare is a great option when the senior wants to remain in their home but needs assistance with their daily living or the family fears the safety of the senior when they are alone. At We Know A Place we only refer to home care agencies that are bonded and insured. This is important because this means the caregiver is protected by Worker's Comp. This will protect the senior of liabilities.

**Hourly Care:** Caregiver works 4-24 hours per day, caregiver is able to assist client with their activities of daily living any time of the day or night.

**Average cost is \$18-\$22.00 per hour**

**Live- In Care:** The Caregiver is in the home 24 hours in case of emergency. Caregiver must have their own room and food is provided by the client. They work an average of 10 hours per day and can assist the client with activities of daily living – personal care, medication reminders, exercise assistance, meal prep, light housekeeping, laundry, and running errands. The remaining hours are for meals and breaks; the State of California mandates that they get 8 hours of uninterrupted sleep per night.

**Average cost is \$200- \$225 per day.**

### Home Care Assists With:

- Hygiene Assistance
- Meal Preparation / Diet Monitoring
- Light House Keeping, including laundry.
- Errands & Shopping
- Joyful Companionship
- Live in, Live Out, Sleep Over
- Medication Management
- Weekends, Holidays
- Respite for Family Caregivers



There Thousand's Of Elder Care Options In California.  
Which is the Best Option? We can Help!

# Assisted Living Communities

## ALL INCLUSIVE COSTS:

### Monthly Costs Include:

- Rent & Care Charges
- Meals & Snacks
- Housekeeping
- Laundry
- Medication Management
- Utilities
- Transportation
- Onsite Entertainment / Activities
- And More.

“ Assisted living communities can often be compared to **5 Star Hotels**. Most work to keep their communities lively, fun, and well kept. “



Average Rate is \$2000-6000+ per month

Find The Best Assisted Living Options!  
Our Service is **FREE!**

We Know A Place 1-800-500-Place

**Assisted Living Communities** provide residents with 3 meals per day, weekly housekeeping, laundry, supervision, socialization, activities, and regularly scheduled outings. There is no cost for utilities other than phone service. They also have on site staff available 24/7 for emergencies. Assistance is available for medication management, bathing, dressing, incontinence, feeding assistance, and if bed checks are required throughout the night. Most also offer pendants for emergencies and wander guard. Prices vary based on location and need; some communities also offer shared rooms to assist families with cost. Before move in, all residents must be evaluated by the communities nurse and a physician report must be filled out. Rates can also vary based on community specials.

**Assisted Living Communities** are a nice option for seniors that need assistance but still want some independence. Living options include a studio, one bedroom, and two bedrooms. Most rooms will have a small kitchenette area that will include a refrigerator. However, an oven or burner is very uncommon. The senior will get to enjoy regular meals in the communities dining restaurant. Most provide a wide selection of food, including accommodating dietary needs. Also most communities provide wonderful snack options throughout the day including fresh baked cookies, ice cream parlors, and fresh fruit. Assisted living communities also have daily activities and really try to keep the community active and fun.

**Assisted Living Communities** often have a separate section called Memory Care. This section is designed for seniors with Alzheimer's or Dementia. The Memory Care Unit provides all the things of the assisted living unit does but includes safety features for the senior. This includes the unit being secured to protect the senior from wandering, staff that are trained on Alzheimer's or Dementia, and the unit specifically designed for seniors with Alzheimer's and Dementia. Most Memory Care Units also provide support groups for the family.

## Board And Care Homes

**Board and Care or Residential Care Homes** are a smaller and more intimate feel. They usually have 6 residents plus caregivers that live in a home. Their prices include a private or shared room, housekeeping, personal care assistance such as personal hygiene, dressing, and incontinence. They will also assist with medication management and non-ambulatory care. They provide three healthy meals and snacks a day. Most offer activities which usually occur on site. Before move in all residents must be evaluated and a physician report must be filled out. Rates vary based on location.

The benefit of a Board and Care is it is a residential home. Board and cares are great options for seniors who still want to have a home like feel and require more care. Their staff to resident ration is usually smaller than assisted living, allowing the senior to have more one on one care. Each Board and Care operates differently on the type of activities they offer as well as what they specialize in. We Know A Place only works with Board and Care Homes that are licensed by the state. Each Board and Care has different types of licenses. They include Alzheimer's Waivers, Hospice Waivers, and Bedridden Waivers. When choosing a Board and Care, We Know A Place will help you find a Board and Care that is licensed to meet the senior's needs. When choosing a Board and Care it is always important to ask who the caregivers are and how often the owner is there. Not all owners are actively involved in their Board and Care home.

At We Know A Place, we can help you find a Board and Care that meets the senior's care needs, budget, and location requirements. When choosing a Board and Care they are many options that provide excellent care for the senior.

**We Can Help You Find The Best Options!**

“Board And Care Homes  
Have A Home Like Setting”



**Average Rate is \$2000-6000+ per month**

### Benefits For Board & Care Homes:

- Typical Home Like Setting
- Smaller Staff to Resident Ratio
- More Personal Attention
- Typically Individually Owned
- Licensed Through The State of California
- Offers many of the Services of Larger Homes

**Find The Best Board & Care Homes!**  
**Our Service is FREE!**

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