

DIFFERENCE BETWEEN ASSISTED LIVING & SKILLED NURSING FACILITIES



There are so many options in senior care today, it can be difficult for many families to understand the differences and choose the senior living community that best fits both their loved ones' needs and their own. **Below is a comparison chart that helps you discover a few differences between assisted living and nursing home care (skilled nursing).**

| ASSISTED LIVING VS. NURSING HOME COMPARISON | | |
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| | ASSISTED LIVING | NURSING HOME <i>(Skilled Nursing Facility)</i> |
| WHAT IS IT? | Assisted Living offers a combination of homelike housing community, personalized support services and health care that responds to the needs of those who require help with activities of daily life. | Nursing Homes or Skilled Nursing Facilities offer skilled medical care for adults that need higher levels of complex care or have chronically ill conditions. |
| HOW MUCH CARE DO YOU RECEIVE? | In assisted living, residents may need some help with transportation, medication management, housekeeping, and other specific activities of daily living such as dressing and personal care services, but still live pretty independent lives. | Residents in a nursing home require around the clock care and monitoring. They typically live with more complex health care conditions that require the assistance of a skilled nurse or a physical or speech therapist. Some require respiratory care services. |
| WHAT DOES IS COST? | Assisted living rents average across our organization at \$3,365 per month. Apartments range from one bedroom to one bedroom plus dens, two bedrooms and more. Residents and their families generally pay the cost of care from their own assets and resources. Some costs may be reimbursable through long-term care policies. | The average monthly cost of nursing homes in the U.S. in 2021 is about \$7,908/month for a semi-private room and \$9,034/month for a private room, according to Genworth. Typically, these rooms are studio style or shared. The resident's and their family's resources or Medicaid pay for nursing home care. Some costs may be reimbursable through long-term care policies. |
| WHAT IS THE LIVING ENVIRONMENT LIKE? | Assisted living communities are designed to feel homelike and residents live in their own apartments with private bathrooms and kitchens. | Nursing homes have more of a clinical environment and residents typically live in a private or semiprivate room that does not include a living room or kitchen. |

ASSISTED LIVING VS. NURSING HOME COMPARISON

| | ASSISTED LIVING | NURSING HOME <i>(Skilled Nursing Facility)</i> |
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| SOME SERVICES INCLUDE: | <ul style="list-style-type: none"> • Private apartments with kitchens • 3 meals a day, featuring daily special and every day available options • Full and diverse schedule of social and wellness activities • Housekeeping and laundry services • Transportation to scheduled medical appointments and scheduled outings • Choices in dining, activities and living with monthly resident councils and culinary clubs | <ul style="list-style-type: none"> • Primarily offer shared rooms • 3 meals per day • Limited social and recreational activities • Housekeeping and laundry services • Skilled nursing staff • Rehabilitation services |
| MAIN DIFFERENCES: | <ul style="list-style-type: none"> • Fosters independence in a residential setting • Provides a non-institutional, homelike setting • Promotes privacy with private apartment homes including private bathrooms and full kitchens • Offers many different opportunities for activities, connections, and purpose for residents | <ul style="list-style-type: none"> • In recent years, Skilled Nursing Facilities have suffered significant staffing challenges due to government set rates which don't allow them to be flexible with staff wages - this has put Skilled Nursing Facilities at major risk of closure and impact their ability to provide quality care • Acute clinical support is available if the patient needs it • Clinical setting, feels more hospital like • Residents typically receive nursing home care for complex conditions and chronically ill conditions |

ASSISTED LIVING OFFERS MORE THAN CLINICAL CARE

Most older adults looking for support with daily living and care may not need the level offered in nursing care centers. For many, an assisted living community or care suites may be just what is needed. Our communities offer help with housekeeping, maintenance, laundry, and transportation but so much more—including quality restaurant-quality dining, distinguished lifestyle programs and convenient health services as well as games, outings, and other fun social activities. In assisted living, you get all the support and help you need to live the most independent and quality life that you're capable of living.

Contact us to learn more about the care we offer!