

SENIOR CARE COMPARISON WORKSHEET



Navigating senior care options and understanding the differences can be difficult. Use the worksheet below to compare the services that are typically available with different care options and find out what one meets you and/or your loved one's needs.

Basic Services Provided	Assisted Living	Home Care	Nursing Home
Encourages social connections with a full calendar of variety of programs daily	Yes	No	No
Personal choices of nutritional meals offered three times per day and served restaurant style in a community dining room	Yes	No	No
24-hour professionally trained staff	Yes	Optional (<i>Additional Fees Apply</i>)	Yes
Wellness program supervised by a licensed nurse	Yes	Optional (<i>Additional Fees Apply</i>)	Yes
Dining choices with availability for special diets	Yes	Yes (<i>Groceries Not Included</i>)	Yes
Medication assistance	Yes	Yes	Yes
All utilities (including cable & Wi-Fi)	Yes	No	Yes
Spacious common areas & gathering spaces that promote socialization	Yes	No	No
Variety of artistic, fitness & entertainment programs	Yes	No	Yes
Nurse on-call 24 hours a day	Yes	No	Yes
Housekeeping & laundry included	Yes	No	Yes
Maintenance services	Yes	No	Yes
Scheduled transportation	Yes	No	No
Daily wellness checks	Yes	No	Yes
Fosters resident independence in a home-like environment	Yes	Yes	No
Ambulance assistance	Yes	Yes	Yes
Assistance with dressing, grooming & bathing	Yes	Yes	Yes
Signature lifestyle programs to benefit wellness	Yes	No	No