


Senior Housing and Care Options - SF Metropolitan Area

 HOPE Hospice & Health Services	Independent Living Communities	Assisted Living Facilities	Memory/Dementia Care Facility	Residential Care Homes (Board & Care)	Skilled Nursing Facilities - SNF	Adult Day Services	Respite Care (short term)	In-Home Care (personal care)
Average Cost¹ <small>SF Metropolitan Area</small>	\$3,500 - \$5,000+/month	\$4,500 - \$8,000/mo ²	\$5,500 - \$7,000+/month ²	\$2,500 - \$7,000/month	\$11,000 - \$27,000+/mo	\$90 - \$215/day	\$75 - \$200+/day	\$36/hour
Average # of Residents	Many	16+ beds	16+ beds	4-6 beds	110 beds	n/a	n/a	n/a
Meals per Day	Meal Plan options	3+	3+	3+	3+	1+	1 - 3	none
Medication Management	No ³	Yes	Yes	Yes	Yes	Varies	Yes	Varies
Diabetes Management	No	Varies	Varies	Varies	Yes	No	Usually	Varies
Incontinence Care (excludes colostomy)	No	Usually	Yes	Usually	Yes	Varies	Yes	Yes
Personal Care	No ³	Yes	Yes	Yes	Yes	Varies	Yes	Yes
Dementia Care	No	Varies	Yes	Varies	Varies	Varies	Varies	Yes
Registered Nurses on site	No	Varies	Yes	Usually not	Yes	Usually not	Varies	Varies
Mobility Assistance	No	Usually	Yes	Usually	Yes	Yes	Usually	Yes
Transportation Services	Yes	Yes	Yes	Varies	No	Varies	Varies	Varies
Housekeeping	Yes	Yes	Yes	Yes	Yes	n/a	Usually	Yes
Personal Laundry	No	Yes	Yes	Yes	Yes	No	Usually	Yes
Activity Programs	Yes	Yes	Yes	Varies	Yes	Yes	Yes	No
Medi-Cal covers cost, if qualifies	No	<i>ALW Program; wait lists</i>	Yes	Possibly – ALW program	Yes	<i>Community Based Adult Services</i>	Medicare may cover	<i>Yes, In Home Supportive Services IHSS</i>
Low-Income options	If available	Yes; wait lists	Rarely Available	Yes; wait lists	No	Varies	Varies	No

- 1 Costs vary depending on size of room, private/shared, geographic location, level of luxury, services offered.
- 2 Does **not** include additional *Level of Care* costs.
- 3 Personal care services (including medication management) available through privately paid home care agencies.

Sources:

California Department of Health Care Services www.dhcs.ca.gov; Senior Support Program of the Tri-Valley www.ssptv.org; www.aplacefor mom.com; <https://www.genworth.com/corporate/about-genworth/industry-expertise/cost-of-care.html>; www.SeniorCare.com/nursing-home-costs www.calregistry.com (CA Department of Public Health); www.aarp.org/caregiving/financial-legal/long-term-care-cost-calculator.html