



H o u s i n g B u r e a u f o r S e n i o r s

Assisted Living Cost Calculator

The cost calculator below is adapted from Consumer Reports Complete Guide to Health Services for Seniors (2000) and is intended to help families take a realistic look at the cost of assisted living care. Do this by looking ahead at least four years or more to see if you or your family member(s) can sustain the cost of care over time. Consider the likely possibility of increasing frailty, needs, and expenses, as well as increases in monthly charges. Will future income and assets cover these contingencies? Use the worksheet below to get a rough idea of the total monthly charges for the communities you are considering.

Step 1: Check the type of rate structure.

Check

Bundled rate (includes some services with additional at a fee)	
Rates based on levels of care in addition to room and board	
Rates are ala carte in addition to the room and board	
Other (e.g., memory care)	

Step 2: List any one-time charge(s):

<i>Note any terms or conditions:</i>	

Step 3: List the monthly rate

Rate

Studio	
One bedroom	
Two bedroom	
Other	
Second person fee	

Step 4: Check what is included & add extra monthly service charges

	Included	Rate
How many meals? 1 = Breakfast 4 = snacks 2 = lunch 5 = special diets 3 = dinner		
Guest meals		
Trays to room		
Escorts to meals		

Housekeeping

Included

Rate

1. Daily		
2. Times per week _____		

Laundry

Included

Rate

1. Personal – Number of loads per week		
2. Linens		

Transportation

Included

Rate

Scheduled		
Unscheduled		
Arranged for service		
Companion during medical appointment		

