

ELDERLY HOUSING OPTIONS

	Activities	Housekeeping	Transportation	Meals	Concierge Services	24-Hour Emergency Coverage
Independent Housing	Some	Private pay	State or town program	Variable	None	Pull cords & private lifeline type options
Continuing Care Retirement Community	Daily schedule	Weekly including linens with personal laundry option	Van service with regular schedule; some reservations	1-2 meals daily with options for buying a third	A whole menu of options	Pull cords & private lifeline type options
Assisted Living	Daily schedule	Weekly including linens with personal laundry option	Regular scheduled shopping; planned outings	3 meals daily	Only a few have this service; some have user-friendly front desk staff	Pull cords & private lifeline type options
Rest Home	Daily schedule	Weekly including linens & personal	State or town program	3 meals daily	None	Pull cords & private lifeline type options
Congregate Housing	None	Private / state subsidized care	State or town program	Home delivered meals or your own	None	Pull cords & private lifeline type options
Nursing Home	Daily schedule	Daily as needed including laundry	State program or private	3 meals daily	None	Pull cords & 24 hour staffing