

ELDERLY HOUSING OPTIONS

	Activities	Housekeeping	Transportation	Meals	Concierge Services	24-Hour Emergency Coverage
Independent Housing	Some	Private pay	State or town program	Variable	Some	Pull cords and 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 and 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 and private lifeline type options
Rest Home	Daily schedule	Weekly including linens & personal	State or town program	3 meals daily	None	Pull cords and private lifeline type options
Congregate Housing	Some	Private / state subsidized care	State or town program	Home delivered meals or your own	Some	Pull cords and private lifeline type options
Nursing Home	Daily schedule	Daily as needed including laundry	State program or private	3 meals daily	None	Pull cords and 24-hour staffing