

Assisted-Living Cost Calculator

Use this worksheet to get a rough idea of services and what they will cost at the facility you select.

Step 1 Check the type of rate structure	✓
Flat or bundled rate (includes some services)	
Tiered rate (varies according to the amount of assistance needed)	
Flat rate (plus additional charges for assistance)	
Step 2 List the monthly rate for the type of unit you select.	
Studio	
One bedroom	
Two bedroom	
Other	
Second person fee	
Step 3 Check which other services are included in the monthly fees, and add the cost of services that require an extra charge.	
COST OF ADDITIONAL SERVICES	\$
Included in monthly rate	
Meals	
Breakfast	
Lunch	
Snacks	
Special diets	
Guest meals	
Room services	
Escorts to meals	
Housekeeping	
Daily	
Times per week	
Laundry services	
Personal (loads per week)	
Linens	
Apartment amenities	
Emergency response system	
Bathroom (sink, shower/bathtub, toilet)	
Fully furnished unit	
Carpeting	
Cable-TV hookup	

Source: Adapted from consumer information statement created by the American Seniors Housing Association and the Assisted Living Federation of America.

	\$
Mini-refrigerator	
Lockable door	
Gas/electric/water	
Window treatments	
Basic cable-TV service	
Microwave oven	
Stovetop burners	
Local phone service	
Transportation	
Scheduled	
Unscheduled	
Car	
Van/mini bus with lift	
Other	
Social/recreational activities and services	
Awake staff on premises 24 hours per day	
On-site licensed nursing staff (hours per day)	
Supervision of self-medication (i.e., reminders)	
Medication administered by licensed professional	
Activities of daily living assistance	
Unlimited	
Limited	
Beauty/barber shop	
"Water management" system (for dementia patients)	
Shopping assistance	
Incontinence supplies	
Toiletries	
Other personal-care services	
TOTAL ADDITIONAL CHARGES	
Step 4: Add up your estimated total monthly expenses.	
Monthly rate	\$
Second-person fee (if applicable)	
Cost of additional services required	
TOTAL MONTHLY CHARGES	\$