

# Navigating the Costs of Assisted Living

Understanding the cost of assisted living can feel overwhelming at first. There are many factors to consider, from monthly fees and care services to apartment options, amenities and future support needs.

At Covenant Living, we know that choosing an assisted living community is both a personal and financial decision. Our goal is to help you navigate the process with clarity, confidence and peace of mind.



## What Affects the Cost of Assisted Living?

Assisted living is designed for seniors who want to maintain their independence while receiving support with certain daily activities. Because every resident's needs are different, assisted living costs can vary based on several factors.

**Location:** Costs may differ by region and community based on local housing costs, staffing, available services and state requirements.

**Apartment Style:** The size and layout of your residence can affect the monthly fee. Studio, one-bedroom and two-bedroom options may have different rates.

**Level Of Care:** Some residents need minimal assistance while others require more frequent support throughout the day. A personal assessment is often used to determine the appropriate level of care.

**Services And Amenities:** Meals, housekeeping, maintenance, activities, transportation and other services may be included in the monthly fee or offered for an additional cost.

**Future Care Needs:** Needs can change over time. When comparing communities, consider what options are available if additional support or another level of care is needed in the future.

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## What May Be Included?

Every community is different, but assisted living pricing often combines housing, services and personalized support into one monthly fee.

Depending on the community, this may include:

- A private residence
- Daily meals
- Utilities
- Housekeeping and laundry
- Maintenance
- Social, educational and wellness programs
- Scheduled transportation
- Access to team members throughout the day
- Personalized support with daily activities

Some services may involve an additional fee, so ask each community for a clear explanation of what is included before making comparisons.

## Questions To Ask When Comparing Communities

The monthly rate is only one part of the overall picture. A lower starting price may not include the same services, amenities or level of support as another community.

Consider asking:

- What is included in the monthly fee?
- Are there one-time or additional fees?
- How is the level of care determined?
- Can pricing change if care needs increase?
- How often are care needs reviewed?
- What meals, housekeeping, transportation and activities are included?
- What apartment options are available?
- Is support available throughout the day and night?
- What happens if care needs change?
- Are additional levels of living or care available?

## Planning for Assisted Living Costs

Families may use a combination of resources to help pay for assisted living. Because every financial situation is different, it may also be helpful to speak with a financial advisor, elder law attorney or senior living counselor.

Common resources may include:

- **Personal Savings And Retirement Income:** Savings, pensions, Social Security benefits, retirement accounts and other income may help cover assisted living expenses.
- **Proceeds From Selling A Home:** Selling a home may provide funds for assisted living while also reducing expenses associated with maintenance, repairs, utilities and property upkeep.
- **Long-Term Care Insurance:** Some policies may help cover certain assisted living services depending on eligibility requirements and the structure of the policy.
- **Veterans Benefits:** Veterans and surviving spouses may qualify for certain benefits that can help with care-related expenses. Eligibility varies.
- **Family Support:** Some families choose to work together financially. Having conversations early can help everyone understand available resources and expectations.

## Why Planning Ahead Matters

Many families begin researching assisted living after a sudden change in health or when care needs have already become urgent. Starting the conversation earlier can give you more time to understand available options, compare communities and prepare financially.

Even if you are not ready to make a move, learning about assisted living costs now can help you feel better prepared for the future.

## How Covenant Living Can Help

At Covenant Living, we are here to help seniors and families understand their options and make informed decisions. Our team can explain available services, what may be included in pricing and options for future care.

Navigating the costs of assisted living does not have to feel overwhelming. Contact Covenant Living today to learn more about assisted living and speak with a member of our team.

**Learn more about our family of communities by visiting [CovLiving.org](https://covliving.org)**