

1ST CHOICE

A D V I S O R Y S E R V I C E S

Serving the greater metro-Portland area and Yamhill County

WHO IS 1ST CHOICE ADVISORY SERVICES

- 1st CHOICE Advisory Services helps older adults and their families get to know the senior housing & care options available in their surrounding community
- Services are provided to seniors and their families for FREE
- 1st CHOICE exists because the options available to seniors in the area are vast and ever-changing and many times the families are in crisis mode
- By working with an advisor, clients receive information on options that match their needs, interests and situation as closely and appropriately as possible

Confident and Safe Solutions for Housing and Care

1

We are resourceful and service-oriented, giving our clients the help they deserve.

2

We are innovative, creative, supportive and a true partner in our industry.

3

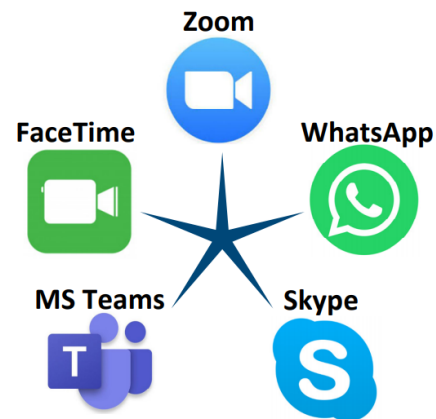
27+ years of experience working with communities and adult care homes to ensure safety throughout the touring and move-in process.



We continue to offer solutions for your housing & care needs by partnering with providers that maintain stringent health & safety measures.

THIS IS HOW WE DO IT!

Digital communication tools...



Collaborative options...

- Developing best-practices
- Coordinating off-site visits
- Defining appropriate safety procedures
- Facilitating home-visits

More communication options...

- Hybrid tours
- Video/conference calls
- Emailing
- Texting
- Virtual tours
- Faxing

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- ▶ A nursing home is the only option if I need long-term care
- ▶ **Staying in my own home is the cheapest option**

Varieties of care and budgets

► Independent Retirement Living

- Usually 55+ restriction
- If medical or personal care is needed, the resident may contract those services on their own
- May offer housekeeping, meals, transportation to medical appointments and activities
- Designed for healthy, independent residents
- \$3,000 - \$6,000/month

Varieties of care and budgets

- ▶ Independent Retirement Living
- ▶ **Continuing Care Retirement Community (CCRC)**

- Offers independent living through skilled nursing
- Resident can receive the array of care without relocating
- Typically have long-term contracts
- May have Buy-In fee
- \$5,000-\$12,000/month

Varieties of care and budgets

- ▶ Independent Retirement Living
- ▶ Continuing Care Retirement Community (CCRC)
- ▶ Retirement Living
- ▶ **Assisted Living**

- Apartment-style housing
- Offers assistance with residents' activities of daily living (ADLs)
- 2 or 3 meals per day are offered in a congregate dining room
- Medication management
- \$4,000-\$8,000/month

Varieties of care and budgets

- ▶ Independent Retirement Living
- ▶ Continuing Care Retirement Community (CCRC)
- ▶ Retirement Living
- ▶ Assisted Living
- ▶ **Residential Care Facility**

- Often referred to as a “boarding house”
- Offers care services
- Offers congregate meals
- May have shared bathrooms
- \$4,500-\$8,000/month

Varieties of care and budgets

- ▶ Independent Retirement Living
- ▶ Continuing Care Retirement Community (CCRC)
- ▶ Retirement Living
- ▶ Assisted Living
- ▶ Residential Care Facility
- ▶ **Adult Care Home**

- Private or shared bedrooms
- Private or shared baths
- Home cares for up to 5 residents
- Provides assistance with ADLs
- Provides meals in a family setting
- Highest ratio of caregivers to residents of all housing types
- \$4,500-\$10,000/month

Varieties of care and budgets

- ▶ Independent Retirement Living
- ▶ Continuing Care Retirement Community (CCRC)
- ▶ Retirement Living
- ▶ Assisted Living
- ▶ Residential Care Facility
- ▶ Adult Care Home
- ▶ **Skilled Nursing**

- 24-hour nursing care
- Hospital-like setting
- Care provided by medical professionals
- Typical stays are for rehabilitation after accident, incident or surgery
- \$375 average per day if paying privately
- Medicare may cover **up to 100 days***

Varieties of care, budgets and what Medicare covers

- ▶ Independent Retirement Living
- ▶ Continuing Care Retirement Community (CCRC)
- ▶ Retirement Living
- ▶ Assisted Living
- ▶ Residential Care Facility
- ▶ Adult Care Home
- ▶ **Skilled Nursing**

*“Up to 100 days”

- This is not a guarantee of Medicare paying for a 100-day stay
- Patients must meet Medicare criteria and requires regular reviews

- 24-hour nursing care
- Hospital-like setting
- Care provided by medical professionals
- Typical stays are for rehabilitation after accident, incident or surgery
- \$8,000-\$16,000/month
- Medicare may cover **up to 100 days***

Varieties of care and budgets

- ▶ Independent Retirement Living
- ▶ Continuing Care Retirement Community (CCRC)
- ▶ Retirement Living
- ▶ Assisted Living
- ▶ Residential Care Facility
- ▶ Adult Care Home
- ▶ Skilled Nursing
- ▶ **Memory Care Community**

- Provide care for those dealing with Alzheimer's or another form of dementia
- Provide assistance with ADLs
- Private or shared bedrooms
- Private or shared baths
- May offer secured units for those that wander or are exit-seeking
- \$6,000-\$10,000/month

Varieties of care and budgets

- ▶ Independent Retirement Living
- ▶ Continuing Care Retirement Community (CCRC)
- ▶ Retirement Living
- ▶ Assisted Living
- ▶ Residential Care Facility
- ▶ Adult Care Home
- ▶ Skilled Nursing
- ▶ Memory Care Community
- ▶ **Respite Care**

- Provides care for a senior when the current care provider cannot
- May be offered by a retirement living, assisted living or adult care home
- Allows family caregivers a break to step away from the stresses of caregiving
- Most communities offering respite put a cap on the number of days that a senior can be cared for; 30-days

Varieties of care and budgets

- ▶ Independent Retirement Living
- ▶ Continuing Care Retirement Community (CCRC)
- ▶ Retirement Living
- ▶ Assisted Living
- ▶ Residential Care Facility
- ▶ Adult Care Home
- ▶ Skilled Nursing
- ▶ Memory Care Community
- ▶ Respite Care
- ▶ **Adult Day Center**

- Provide care during normal work hours
- 3-types of centers:
 - Focusing on social interaction
 - Providing medical care
 - Targeting Alzheimer's care
- Allows the recipient to stay within their community while a caregiver goes to work
- Allows the recipient a break from their caregiver
- Provides social stimulation
- Provides structure to daily activities
- Average fee is \$20-25/hour

***Thank you for attending our
presentation!***



Shari Levelle

HOUSING & CARE ADVISOR

MOBILE: 971-288-8425

EMAIL: shari@choiceadvisory.com

1ST CHOICE

ADVISORY SERVICES

800-361-0138 ■ www.1stchoiceadvisory.com