



Senior Living Expense Worksheet

Many view in-home care as a more affordable care option for themselves/their loved ones. However, add the costs of these in-home services to the expenses you already have with home ownership and other outside services and you may be surprised at what you find.

Expense Category	Expense Item	Your Expense	Community
Typical Monthly Expenses	Rent/Principal & Interest on Mortgage	\$ _____	Included
	Property Taxes & Insurance	\$ _____	Included
Personal Care Services	Homemaker/Companion to provide laundry, linen service, housekeeping and do chores (avg. \$19/hr per 2-4 hour minimum weekday visit)	\$ _____	Included
	Home Health Aides to assist with activities of daily living (avg. \$21/hr per 2-4 hour minimum weekday visit)	\$ _____	Included
	Emergency Call Service	\$ _____	Included
Home Maintenance	Appliance Repair, Plumbing, Roofing, Security	\$ _____	Included
	Lawn Care	\$ _____	Included
Daily Living Expense	Transportation Coordination	\$ _____	Included
	Groceries (meals, snacks, beverages, preparation)	\$ _____	Included
	Activities and Entertainment	\$ _____	Included
Utilities	Water & Sewer	\$ _____	Included
	Garbage	\$ _____	Included
	Gas & Electricity	\$ _____	Included
	Cable	\$ _____	Included
	Peace of Mind	Priceless	Included
Other	24-hour staff with nurse oversight	\$ _____	Included
Total	Total Expense	\$ _____	\$ _____

Market Survey conducted by Met Life Mature Market Institute, 2010