

## Positive Aging Resources



Use this sheet to gather, calculate and examine the monthly costs of living at home versus living in senior living communities.

|  | Current Home | Community One | Community Two |
|--|--------------|---------------|---------------|
| Mortgage or Rent                         |              |               |               |
| Housing Association<br>Fee               |              |               |               |
| Property Insurance                       |              |               |               |
| Utilities (Gas, Electric,<br>Oil, Phone) |              |               |               |
| Property<br>Maintenance                  |              |               |               |
| Landscaping                              |              |               |               |
| Repairs (Painting,<br>etc.)              |              |               |               |
| Snow Removal                             |              |               |               |
| Pest Control                             |              |               |               |
| Water and Sewer                          |              |               |               |
| Trash Removal                            |              |               |               |

| Housecleaning,<br>Laundry                               |  |  |
|---|--|--|
| Groceries and Dining                                    |  |  |
| Entertainment   |  |  |
| Social Activities and<br>Recreation                     |  |  |
| Transportation (Gas,<br>Auto Insurance, Car<br>Repairs) |  |  |
| Cable Television/<br>Streaming Services                 |  |  |
| Internet Service  |  |  |
| 24-Hour Security  |  |  |
| Medical Alert System                                    |  |  |
| Wellness/Exercise<br>Programs or Gym<br>Memberships     |  |  |
| Home Healthcare<br>Services                             |  |  |
| Home Meal Delivery<br>Services                          |  |  |
| TOTAL   |  |  |

## About Cassia

In 2018, Augustana Care and Elim Care came together to form Cassia. We are a faith-based, nonprofit organization with over 200 combined years of experience providing housing, health care and community services to older adults and those in need. In addition to several Minnesota locations, Cassia offers communities and services in Colorado, Florida, Iowa, and North Dakota. Residents in Cassia communities can find skilled nursing, assisted and independent living, memory care, adult day services and rehabilitation.



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