








## The Benefits of Assisted Living

Residents in our community can leave the hassles of home maintenance behind as they receive the best-in-class care they need—and the vibrant lifestyle they deserve.

	Living at Home	Living in Our Community
 <b>Care &amp; Support</b>	Limited access to quality care and reliance on others to help with activities such as dressing, bathing, and taking medication	Around-the-clock, expert, and personalized care provided by our compassionate and highly trained caregivers
 <b>Emergency Assistance &amp; Safety</b>	No immediate help available in case of an emergency and anxiety over the risk of falling and getting injured	Medical emergency alert systems in each suite and 24-hour assistance available from team members
 <b>Social Life</b>	Required to seek social opportunities on your own, have the potential for isolation	Opportunities for social engagement and interaction through organized events
 <b>Activities &amp; Wellness</b>	Reliant on personal initiative for engagement and maintaining well-being	Wide variety of activities included, such as fitness classes, art, music, trivia, and more
 <b>Housekeeping &amp; Maintenance</b>	Responsible for chores and managing household tasks	Housekeeping, laundry, and maintenance services provided
 <b>Transportation</b>	Responsible for car maintenance, gas, and time spent driving	Scheduled transportation to run errands and go on excursions
 <b>Dining</b>	Meal preparation and grocery shopping	Restaurant-style dining with chef-crafted cuisine

## Compare Your Costs

By choosing to live in our community, you may discover that you not only have more opportunities to socialize and pursue your passions, but also a more affordable living option.

Monthly Expense	Life at Home	Life in Our Community
Mortgage or Rent		
Home or Renter's Insurance		
Caregiving		
Utilities (electricity, gas, water, sewer, trash removal)		Included
Property Tax and Insurance		Included
Lawn Care and Landscaping		Included
Housekeeping		Included
Home Repairs and Maintenance		Included
Home Security		Included
Personal Medical Alert System		Included
Groceries and Meals		Included
Transportation (insurance, gas, registration, repairs)		Included
Social and Leisure Activities		Included
Fitness and Wellness		Included
<b>TOTAL MONTHLY EXPENSES:</b>		

We present this guide as a starting point for you and your family. While helpful, this information should not be considered tax or financial advice. To determine which options work best for your unique situation, please consult a trusted tax professional or financial advisor.

**Learn more about your financial options  
by visiting [SunriseSeniorLiving.com/PlanAhead](https://SunriseSeniorLiving.com/PlanAhead).**

