



Monticello West

A LIFE CARE SERVICES® COMMUNITY

# In-Home Care vs. Assisted Living

## IN DALLAS, TX

When managing daily tasks becomes challenging for your senior loved one, it may be time for more help. Compare the benefits of assisted living versus in-home care and which lifestyle factors are most important to you.

### IN-HOME CARE

### ASSISTED LIVING

#### COSTS

**\$5,008** is the average monthly cost of in-home care with a home health aide in Dallas, TX, based on a 2022 survey by Genworth. This estimate assumes 44 hours of care per week.

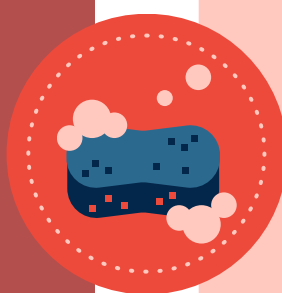


**\$4,321** is the average monthly cost of Assisted Living in Dallas, TX, based on a 2022 survey by Genworth. This estimate is for Assisted Living in a private, one-bedroom apartment.

#### SERVICES AND AMENITIES

In-home care providers help with activities of daily living, such as:

- Medication reminders
- Getting dressed
- Taking a bath
- Making meals
- Household cleaning
- Grooming



Assisted Living provides help with daily tasks, plus additional services such as:

- Rides to appointments
- Daily social calendar
- Help available 24/7
- Apartment upkeep and repairs
- 24/7 security
- Nutrition, fitness, and wellness programs

#### SOCIAL AND EMOTIONAL HEALTH

Although in-home care visits provide an opportunity for companionship, older adults may feel more isolated living at home.



Assisted Living residents enjoy programs designed to support overall wellness with engaging experiences and social opportunities.

#### FUTURE NEEDS

In-home care may be a good choice if your loved one needs minimal support, but you may need to reevaluate the living situation if their needs increase.



Assisted Living provides the peace of mind and safety of having 24/7 access to care, plus the option to transition to other levels of care on the same campus.

Want to know more about Monticello West, our Assisted Living community in Dallas, TX?

Call **214-473-5842** to find out all the ways we support your loved one.