



# Cost of Living Worksheet

The Cost of Care for Aging is measured in financial cost and emotional cost. In-home care with professional caregivers and all of the costs of maintaining a home can be more expensive than assisted living, depending on personal and medical needs. The emotional cost of caring for an aging loved one can be a crushing burden on family members.

The worksheet below is based on Monthly Expenses for 2023 cost of living for a 2,300 sq ft home in Middle Tennessee. It uses some basic assumptions. We have included blanks for your convenience to make your own comparison using your costs and figures.

Average Monthly Expenses - Mid TN		Your Monthly Expenses		The Pearl Monthly Expenses	
Mortgage or Rent	\$1,595.00	_____	Mortgage or Rent	Included	
Telephone / Cell	\$135.00	_____	Telephone / Cell	Included	
Meals and Snacks	\$475.00	_____	Meals and Snacks	Included	
Car Payment / Insurance	\$650.00	_____	Car Payment / Insurance	Included	
Car Maintenance	\$175.00	_____	Car Maintenance	Included	
Entertainment	\$275.00	_____	Entertainment	Included	
Cable TV	\$250.00	_____	Cable TV	Included	
Electricity	\$135.00	_____	Electricity	Included	
Water / Sewer	\$85.00	_____	Water / Sewer	Included	
Gas	\$75.00	_____	Gas	Included	
Garbage Removal	\$40.00	_____	Garbage Removal	Included	
Home Maintenance		Home Maintenance		Home Maintenance	
Housekeeping	\$300.00	_____	Housekeeping	Included	
Landscape Maintenance	\$400.00	_____	Landscape Maintenance	Included	
Home Repairs	\$275.00	_____	Home Repairs	Included	
Homeowner's Insurance	\$950.00	_____	Homeowner's Insurance	Included	
Real Estate Taxes	\$325.00	_____	Real Estate Taxes	Included	
Security	\$39.00	_____	Security	Included	
Services		Services		Services	
Activities (entertainment)	\$150.00	_____	Activities (entertainment)	Included	
Nurses (5 hrs/week at \$50/hr)	\$1,075.00	_____	Nurses (5 hrs/week at \$50/hr)	Included	
Care Needs (10 hrs/week at \$35/hr)		_____	Care Needs (10 hrs/week at \$35/hr)	Included	
Dietary Assistance		_____	Dietary Assistance	Included	
Flat Linens / Laundry Service		_____	Flat Linens / Laundry Service	Included	
Personal Laundry		_____	Personal Laundry	Included	
Medication Management	\$1,675.00	_____	Medication Management	Included	
Healthcare Monitoring	\$50.00	_____	Healthcare Monitoring	Included	
Emergency Response System	\$100.00	_____	Emergency Response System	Included	
<b>Total</b>	<b>\$9,229.00</b>	_____	<b>Total</b>		

Based on Room Size and Level of Care