



Michael P. Bertrand, Founder

Cost of Living Comparison Worksheet

Helping You Make the Right Choice with Confidence

Save Time. Reduce Stress. Simplify Decisions.

Choosing the right senior housing or care option for your loved one can be overwhelming. This worksheet is designed to:

- Save you time by streamlining your evaluation process.
- Reduce your stress by giving you clarity and confidence.
- Simplify a complex decision into actionable steps.

We understand the challenges family caregivers face and we're here to help you navigate this journey.

Take the Next Step Today

This worksheet is designed to help guide you to the best solution for your loved one. If you feel as if you need additional guidance, **book a free 30-minute consultation call here.**

You're not alone - we're here to help.



NewDirections

COST OF LIVING COMPARISON WORKSHEET

Name of Community:

EXPENSE CATEGORY	CURRENT COST PER MONTH	COST INCLUDED IN MONTHLY RENT?		
Housing				
Rent or Mortgage Payment	\$ 0.00	☐ Yes	☐ No	☐ N/A
Property Insurance	\$ 0.00	☐ Yes	☐ No	☐ N/A
Renter's Insurance (incl. personal property)	\$ 0.00	☐ Yes	☐ No	☐ N/A
Electricity & Gas	\$ 0.00	☐ Yes	☐ No	☐ N/A
Water & Sewer	\$ 0.00	☐ Yes	☐ No	☐ N/A
Telephone (landline)	\$ 0.00	☐ Yes	☐ No	☐ N/A
Cable TV Service	\$ 0.00	☐ Yes	☐ No	☐ N/A
Wireless Internet Service	\$ 0.00	☐ Yes	☐ No	☐ N/A
Home Maintenance				
General Maintenance & Servicing	\$ 0.00	☐ Yes	☐ No	☐ N/A
Major Repairs & Replacement	\$ 0.00	☐ Yes	☐ No	☐ N/A
Trash/Leaf/Snow Removal, Yard Care	\$ 0.00	☐ Yes	☐ No	☐ N/A
Housekeeping & Laundry/Linen Service	\$ 0.00	☐ Yes	☐ No	☐ N/A
Redecoration & Replacement	\$ 0.00	☐ Yes	☐ No	☐ N/A
Food				
Three Meals Per Day plus Snacks	\$ 0.00	☐ Yes	☐ No	☐ N/A
Personal Care, Medical Care & Insurance				
Home Care/Personal Care	\$ 0.00	☐ Yes	☐ No	☐ N/A
Medication Management	\$ 0.00	☐ Yes	☐ No	☐ N/A
24-Hour Emergency Response/Home Security	\$ 0.00	☐ Yes	☐ No	☐ N/A
Dentistry, Podiatry, Eye Glasses, etc.	\$ 0.00	☐ Yes	☐ No	☐ N/A
Prescription Drugs	\$ 0.00	☐ Yes	☐ No	☐ N/A
Non-Prescription Drugs	\$ 0.00	☐ Yes	☐ No	☐ N/A
Transportation				
Car (car note, gas, maintenance/repairs, insurance)	\$ 0.00	☐ Yes	☐ No	☐ N/A
Public Transportation	\$ 0.00	☐ Yes	☐ No	☐ N/A
Entertainment, Wellness & Recreation				
Dining Out, Social Activities, Day Trips, etc.	\$ 0.00	☐ Yes	☐ No	☐ N/A
Wellness, Lifestyle & Exercise Programs	\$ 0.00	☐ Yes	☐ No	☐ N/A
Other Personal Expenses				
Miscellaneous expenses	\$ 0.00	☐ Yes	☐ No	☐ N/A
Taxes				
Real Estate	\$ 0.00	☐ Yes	☐ No	☐ N/A
Other	\$ 0.00	☐ Yes	☐ No	☐ N/A
TOTAL		\$ 0.00	\$ 0.00	



NewDirections

NOTES