

General Care Facility Notes

- Many facilities are created from converted haciendas to health care facilities.
- Most have 5 -10 residents in private rooms bathrooms and TV and wi-fi..
- All facilities are locked.
- Some facilities allow pets.
- Most facilities owned by Mexicans and run by RN with many foreign residents.
- Facilities are well staffed and staff very attentive and compassionate.
- Provide care to clients who are ambulatory through hospice care
- Thorough medical and nursing assessment upon admission.
- Most have physician on-call and they make monthly visits.
- Medical care is available locally and Guadalajara has large medical centers.
- A Mexican companion is with a patient for all medical appointments or hospitalizations.
- Work with Mexican consulate for temporary visa and permanent residency. Facilities will help with transfer and dealing with obtaining residency.

Care Facilities to Consider



Specialties: Aging, dementia care, rehabilitation, physical disabilities
La Casa Nostra: (our favorite)
 +52-376 765 4187

Alicia's Convalescent Care
 +52-376-766-3152

Nursing Home Lake Chapala
 +52-33-3470-3470

Well Wishes Home: upscale
 +52-333-954-1314

Mi Casita in San Antonio
 +52-331-115-9615

Ohana: Several care levels
 +52-331-549-1978

Disclaimer
 Information provided is from personal experiences and internet research. We provide the information as suggestions on where to begin finding healthcare in Chapala. We are not responsible for complications or difficulties which may arise when visiting.



Chapala, Mexico

Affordable Medical Care Facilities



I am on tilt. How can I afford to care for my person in need?

- Long term care cost from \$10-\$20K monthly in US.
- In Mexico care facilities charge \$2-4K for basic care and meals. Additional needs, meds, or a companion may be \$1000 more.
- Medical and dental care in Mexico is excellent and considerably cheaper than in US.
- Medicare will not cover medical care outside USA.
- Mexico healthcare plans can be purchased or pay for medical care in advance.
- Hotels are available for short stay while rental properties are reasonable for short or long term use.
- Best to arrange personal housing (long term rental) after client has been placed in facility.
- Care in Mexico meets or exceeds US standards.

Caution:

Use bottled water for drinking and brushing teeth.
Used toilet paper goes in trash. The area has poor septic systems.

Why Lake Chapala Area?

The towns of Chapala and Ajijic are 30 minutes from Guadalajara airport via taxi. The Lake Chapala area is about 40 miles on the Jalisco state side with numerous towns, shops, and nursing care facilities along the main highway. Infrastructure is charming with cobblestone roads, stucco buildings and tile roofs. About 20,000 expats live in the area (mostly Americans and Canadians).

Warm weather, reasonable cost of living, affordable housing, a wonderful culture of art and music and many care facilities for persons in need.



The Lake Chapala Society is located in Ajijic. Their mission is to:

- Create a quality improvement culture
- Provide greater collaboration between and among the Mexican and foreign communities.

They provide a monthly activity calendar including information on rental and home properties.

Food, classes, ATM, activities, library, attract thousands of expats daily.

How to Start

- Bring a friend on the first journey but not an ailing person.
- Fly to Guadalajara
- Hire a taxi at airport or use hotel to provide taxi
- Once in Chapala, contact pre-screened nursing homes and arrange appointments for visit. Ensure there is an English speaker available for tour.
- Francisco is a taxi driver in Chapala and speaks English. He knows the care facilities mentioned and will take you to arranged appointments. His phone is +52 33 3156 0699.
- Hotels/B&B's have a list of taxi drivers they work with.
- *YouTube* has multiple videos of places to rent or hotels to stay. Search for Hotels in Ajijic or Chapala.

Before the Trip

- Install WhatsApp on phone
- Install Translate Now app
- Mexican Peso's are required for taxi. Use international money exchange at airport in Guadalajara until getting money at ATM (better exchange rate)
- Mexico is a cash economy. US cards are accepted at ATM's and dispense pesos.