

Oregon Resources for the Aging & Elderly

A Guide to Care, Planning, and Support Services

This guide brings together trusted Oregon resources for aging and elder care in one place — fiduciary and legal support, housing options, in-home care, Medicare guidance, and placement services. Use the table of contents below to jump straight to the section you need by holding the CTRL button and selecting the title, or simply browse from start to finish.

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Please note: Resource details, services, pricing, and availability may change. Clients should contact each organization directly and consult appropriate legal, tax, medical, or financial professionals before making decisions.



Fiduciary Firms

Fiduciary firms help manage financial, legal, and personal affairs for clients who need support. They may assist with bill paying, trust administration, estate settlement, and coordination with advisors.

Estate Administrators, LLC

Location: Bend, OR

A professional fiduciary firm specializing in trust administration and probate services throughout Oregon. Serving as personal representatives and trustees, Estate Administrators offers personalized administration and support for families and estates. A client might use these services when a family needs a neutral professional to serve as personal representative, trustee, or agent under power of attorney.

Website: estateadmins.com

Phone: (541) 788-8767

Lynch Murphy McLane LLP

Location: Offices in Bend, Lake Oswego, and Klamath Falls, OR

Specializes in trust and fiduciary services, including serving as trustee, advising family or individual trustees, and helping to manage trusts with complex assets such as real estate, business interests, investments, or collectibles. The firm assists with trust administration, asset management, bill payment, accounting, tax-related support, and beneficiary communication. A client might need these services when a trust or estate requires professional oversight or involves complex legal, tax, or asset-management issues.

Website: lynchmurphy.com — [Trust & Fiduciary Services](#)

Phone: (541) 383-5857

Momentous Trust Company

Location: Oregon (serving statewide)

Specializes in trustee and estate settlement services with a highly personalized approach, ensuring clients' wishes are carried out exactly as desired. A client might hire Momentous Trust Company when a professional fiduciary is required to administer a trust or settle an estate while coordinating with attorneys, accountants, investment advisors, and other family members.

Website: momentoustrust.com

Phone: (360) 803-0298

Estate Planning Attorneys

Estate planning attorneys help clients create legal documents for assets, health care decisions, and financial affairs. They can assist with wills, trusts, powers of attorney, advance directives, and probate.

Before meeting with an estate planning attorney, gather the following:

- Existing estate planning documents, such as wills, trusts, powers of attorney, advance directives, health care proxies, and any updates or amendments.
- Recent financial statements for bank accounts, investment accounts, retirement accounts, pensions, annuities, life insurance policies, and business interests.
- A list of major assets, including homes, other real estate, vehicles, valuable personal property, and business ownership interests.
- Information on how major assets are titled, especially homes, real estate, bank accounts, and investment accounts — for example, whether assets are owned individually, jointly, in a trust, or with transfer-on-death designations.
- Beneficiary information for retirement accounts, life insurance, annuities, and payable-on-death or transfer-on-death accounts.
- Names and contact information for beneficiaries, trustees, executors, powers of attorney, health care decision-makers, financial advisors, CPAs, and insurance agents.
- Any key questions or concerns.

Carolyn Miller — Estate Planning Specialist

Address: 6915 South Macadam Avenue, Suite 250, Portland, OR 97219

Estate planning, probate, trust administration, tax-related estate issues, charitable planning, and family-specific planning needs.

Phone: (503) 241-2801

Margot Seitz — Farleigh Wada Witt

Address: 121 SW Morrison Street, Suite 600, Portland, OR 97204

Wills, trusts, estate planning, estate administration, probate, and estate-related disputes for individuals, families, and fiduciaries.

Website: fwlaw.com — Margot D. Seitz

Email: mseitz@fwlaw.com

Phone: (503) 228-6044

Kristin Gaston or Rachel Oh — Generations Estate Law LLC

Address: 3635 S Hood Avenue, Portland, OR 97239

Estate planning, probate, trust administration, wills, trusts, guardianship planning, and family protection strategies.

Website: generationsestatelaw.com

Phone: (503) 678-9677

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Layla McLean — Buckley Law P.C.

Address: 5300 Meadows Road, Suite 200, Lake Oswego, OR 97035

Estate planning, probate, trust administration, special needs planning, guardianships, conservatorships, charitable planning, and business succession planning.

Website: buckley-law.com — [Layla McLean](#)

Phone: (503) 620-8900

Julie Nimnicht — Law Offices of Geoff Bernhardt & Julie Nimnicht, P.C.

Address: 5603 S Hood Avenue, Portland, OR 97239

Elder law, estate planning, powers of attorney, long-term care planning, and special needs trusts.

Website: elderlawpdx.com

Phone: (503) 548-4000

Retirement Homes and Assisted Living Communities

Retirement homes and assisted living communities provide housing, meals, activities, and daily support. They can help older adults who want a safer setting, less home maintenance, or personal care assistance.

Tax tip: Some entrance fees and monthly fees at assisted living or retirement communities may be partially tax-deductible if they are connected to medically necessary care. Because the deductible portion can vary by facility and by individual situation, clients should ask the community for a written tax letter or itemized breakdown showing what portion of the fees relates to medical care, and review it with a tax advisor before claiming a deduction.

Markham House Assisted Living

Location: Portland, OR

Boutique-style, enhanced assisted living with personalized care plans designed to adapt with a person's evolving needs. Offers a varying level of daily assistance, ranging from basic services to full-time, 24/7 care, with an intimate community feel and a commitment to meeting all care needs in a supportive, home-like environment.

Cost: No entrance fee mentioned. One-bedroom apartments start at \$4,595/mo, one-bedroom with alcoves range \$5,595–\$5,795/mo, and two-bedrooms cost \$6,995–\$7,295/mo.

Website: markhamsl.com

Phone: (503) 244-9500

Canfield Place

Location: Beaverton, OR

Award-winning assisted living with vibrant lifestyle programming, pet-friendly policies, and a focus on resident independence. Offers varying levels of care from low to high assistance, home-cooked meals, wellness and fitness plans, and private rooms for on-site family dinners.

Cost: Independent living from \$5,200/mo; assisted living from \$5,755/mo.

Website: leisurecare.com — [Canfield Place](#)

Phone: (503) 626-5100

MorningStar of Beaverton

Location: Beaverton, OR

Boutique-style community with personalized care, hospitality, and a strong reputation for memory care and assisted living.

Cost: No entrance fee mentioned. Around \$5,450/mo for independent and assisted living, and around \$8,450/mo for memory care. Higher premiums come with increased levels of care, larger apartments, and different meal plans.

Website: morningstarseniorliving.com — [Beaverton](#)

Phone: (503) 741-2568

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Edgewood Point Assisted Living and Memory Care

Location: Beaverton, OR

Known for a warm, welcoming environment and robust life enrichment activities, with both assisted living and memory care.

Cost: No required entrance fee. Independent living starts at \$4,995/mo, assisted living starts at \$5,100/mo, and memory care starts at \$6,600/mo.

Website: sinceriseniorliving.com — [Edgewood Point](#)

Phone: (503) 671-9474

Bonaventure Senior Living

Location: Tigard, OR

Full-service community with a focus on active living, offering assisted living, memory care, and a wide range of amenities, with both independent living and high-assistance care available.

Cost: No reported required entrance fee. Independent living ranges \$4,440–\$5,760/mo, assisted living \$4,950–\$6,180/mo, and memory care \$7,220–\$8,670/mo. Personalized plans are available and costs vary for each person.

Website: bonaventureseior.com — [Tigard](#)

Phone: (503) 214-4200

Willamette View Manor

Location: Portland, OR

Inviting and friendly retirement community focused on accessibility and strong community engagement, located near the river in a multi-floor apartment-style building. Residents report well-trained, professional staff and nice apartments, with varying levels of care from relatively low-level care to constant assistance — though some residents reported lower independence even when starting with little need for assistance.

Cost: Entrance fees depend on size, style, location of home, and agreement type. Monthly rent ranges \$5,269–\$7,620, with memory care up to \$13,262/mo. Residents have reported additional required costs that aren't initially advertised, such as a required \$700 monthly meal plan, property tax charges, and Wi-Fi costs. Willamette View is on the expensive side according to most reviews.

Website: willametteview.org

Phone: (503) 654-6581

Rose Villa

Location: Portland, OR

Comprehensive senior living offering nursing, assisted living, and a welcoming, LGBTQ+-friendly environment. Offers a continuum of living options — different types of apartments, cottages, and independent living homes — plus high-assistance living including memory care, wellness services, social activities, and high-quality dining.

Cost: Entrance fees range \$150,000–\$950,000. Reported monthly cost for apartments is around \$4,700; recommended to inquire directly for an accurate pricing assessment. Higher premiums apply for memory care and high-assistance living.

Website: rosevilla.org

Phone: (503) 607-7014

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Mary's Woods

Location: Lake Oswego, OR

Peaceful retirement community known for personalized care, extensive amenities, and a vibrant social calendar. Located near the Willamette River with park-like grounds, high-end apartment finishes, and several dining options, with varying levels of assistance and memory care based on individual needs.

Cost: Entrance fee of \$250,000–\$600,000 depending on the desired living space. Apartment homes start at \$3,100/mo, and villa-style homes start at around \$7,000/mo, with additional entrance and monthly costs. Pricing is on the expensive side, and a waitlist fee applies (credited toward living costs upon move-in).

Website: maryswoods.org

Phone: (503) 675-2004

Mirabella Portland

Location: Portland, OR

Upscale retirement community offering independent and assisted living with a focus on wellness and lifestyle. Located on the waterfront in a 30-story high-rise adjacent to the Ross Island Bridge, with over 42 amenity-rich custom floor plans, advertised as high-quality, luxury living with city and waterfront views, and a continuum of care from independent living through nursing and memory care.

Cost: Entrance fees range \$400,000–\$1M+. Monthly fees typically run \$6,500–\$8,000, with pricing for assisted living, memory care, and skilled nursing varying separately.

Website: mirabellaportland.org

Phone: (503) 245-4742

Terwilliger Plaza

Location: Portland, OR

Community-focused retirement living with a welcoming atmosphere and accessible amenities. A single-site, nonprofit Continuing Care Retirement Community (CCRC) offering a continuum of care that includes independent living, assisted living with 24/7 on-site licensed nurses, and memory support services designed to meet residents' evolving needs.

Cost: One-time entrance fees range from around \$86,000 to \$450,000+. Monthly costs typically average around \$4,500, with different apartment sizes and levels of care bringing fees as high as \$7,500.

Website: terwilligerplaza.com

Phone: (503) 809-8822

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Meadow Creek Village

Location: Salem, OR

Cottage-style assisted living in a peaceful residential area, known for personalized care and a lively social calendar. Offers memory care and high levels of assistance with 24/7 caregivers and medical staff available; primarily assisted living and not designed for independent living.

Cost: No required entrance fee. Average monthly cost is around \$4,620, ranging up to \$7,000 for higher levels of care and larger living spaces.

Website: cascadeliving.com — [Meadow Creek Village](#)

Phone: (503) 375-9732

Dallas Retirement Village

Location: Dallas, OR

Faith-based, nonprofit senior living community on a 30-acre campus in the Mid-Willamette Valley, offering independent living, assisted living, memory care, and skilled nursing. Maintenance-free living with restaurant-style dining, wellness programs, social activities, transportation, walking paths, a fitness center, indoor pool, chapel, salon, and preferred access to higher levels of care on-site — a strong fit for seniors who want a small-town setting with a full continuum of care as needs change.

Cost: No required entrance fee for month-to-month independent living, assisted living, or memory care. Some independent living Lodge Residences and Garden Homes may require a one-time accommodation fee, most of which is refundable once the residence is reoccupied. Monthly costs vary by residence type and level of care; third-party estimates start around \$5,900/mo, but pricing should be confirmed directly.

Website: dallasretirementvillage.com

Phone: (503) 623-5581

55 and Over Communities

55 and over communities are designed for older adults who are generally independent. They often offer lower-maintenance living, amenities, and social opportunities.

Summerplace

Location: Northeast Portland, OR

Vibrant 55+ community spanning 135 acres of homes and condos, with extensive social and recreational amenities, fitness classes, and walking trails — ideal for active, independent seniors seeking a dynamic lifestyle.

Website: summerplacehoa.com

Phone: (503) 257-0733

King City Highlands

Location: King City (near Tigard), OR

Secluded, wooded 55+ neighborhood with over 300 homes, a robust event calendar, fitness classes, and a welcoming, close-knit atmosphere for independent adults who want plenty of activities without the feel of a traditional retirement home.

Website: highlands55.org

Phone: (503) 684-8294

Senior Estates Golf and Country Club

Location: Woodburn, OR

Affordable, active 55+ community featuring an 18-hole golf course, clubhouse, and a strong focus on recreation and social events — perfect for golf lovers and those seeking a lively, friendly environment.

Website: seniorestatesgolf.com

Phone: (503) 982-1776

Medical In-Home Services

Medical in-home services provide health-related care at home. This may include nursing, medication support, therapy, wound care, or recovery help after illness or injury.

Signature Healthcare at Home

Service Area: Statewide (Portland, Salem, Eugene, Bend, etc.)

Comprehensive, doctor-prescribed home health, hospice, palliative, and primary care with a holistic, family-focused approach. Offers both medical and non-medical services such as meal preparation, housekeeping, and mobility support.

Website: signaturehch.com

Phone: (503) 517-9208

Amedisys Home Health

Service Area: Multiple Oregon locations

National leader in skilled nursing, therapy, and recovery care at home, specializing in chronic illness, post-surgery, and high-acuity patients.

Website: locations.amedisys.com/or

Phone: (503) 253-5155

BrightStar Care of West Portland

Location: Portland, OR

RN-led team providing skilled nursing, medication management, and post-acute care in the home for seniors and medically complex adults. Also provides non-medical in-home services.

Website: careavailability.com — [BrightStar Care](#)

Phone: (503) 620-6011

First Call Home Health Agency

Location: Salem, OR

Locally owned, holistic in-home medical care including skilled nursing, therapy, wound care, and chronic condition management. Also provides non-medical in-home services.

Website: firstcallhomehealth.com

Phone: (503) 371-4567

Non-Medical In-Home Services

Non-medical in-home services provide general care at home. This may include housekeeping, meal prep, errand assistance, bathing and grooming assistance, or general conversation and companionship.

Affordable At Home Care

Location: Portland, Salem, and most of Oregon

Blends personal care and medical support with daily chores like meal prep, laundry, housekeeping, and companionship. Medicaid accepted in most locations.

Website: affordableathomecare.com

Phone: (503) 610-0635

Right at Home — Portland

Location: Portland, OR

Companion care and homemaking services — light housekeeping, meal prep, errands, social engagement — alongside personal care and health support.

Website: caring.com — Right at Home Portland

Phone: (844) 674-3623

Comfort Keepers

Location: Portland, OR

In-home care combining health monitoring with light housekeeping, laundry, meal prep, and social activities, tailored for seniors who want to remain independent.

Website: comfortkeepers.com — Portland

Phone: (503) 782-9766

Essential Quality Care (EQC Home Care)

Location: Portland metro area

Holistic in-home care for all ages, blending health services with cleaning, daily living support, companionship, and nursing services tailored to each client's needs.

Website: eqchomecare.com

Phone: (503) 753-8551

First Call Home Health — Personal Care Division

Location: Salem, OR

Certified aides provide both health-related support and a full range of daily chores — cleaning, laundry, meal prep, errands, mail, organization, and socialization.

Website: firstcallhomehealth.com

Phone: (503) 371-4567

Medicare Assistance

Medicare assistance resources help clients understand enrollment, coverage, plan choices, costs, and benefits. They can make Medicare decisions easier and help avoid mistakes or penalties.

Medicare.gov — Medicare Basics

A simple overview of the different parts of Medicare and what each one covers. Helpful for understanding the basics before making coverage decisions.

Website: [medicare.gov](https://www.medicare.gov) — [Parts of Medicare](https://www.medicare.gov/medicare-basics)

Medicare & You Handbook

The official Medicare guide, updated each year. Covers enrollment, benefits, costs, rights, and common Medicare questions.

Website: [medicare.gov/medicare-and-you](https://www.medicare.gov/medicare-and-you)

Social Security — Sign Up for Medicare

The official place to learn when and how to enroll in Medicare Part A and Part B. Helpful for people turning 65 or preparing for retirement.

Website: [ssa.gov/medicare/sign-up](https://www.ssa.gov/medicare/sign-up)

Medicare Plan Compare

A tool for comparing Medicare Advantage and prescription drug plans. Useful for reviewing costs, coverage, medications, pharmacies, and plan options.

Website: [medicare.gov/plan-compare](https://www.medicare.gov/plan-compare)

SHIP / Oregon SHIBA — Free Medicare Counseling

Free, unbiased Medicare help from trained counselors. Good for people who want personal guidance with enrollment, plan choices, or Medicare questions.

Website: [Oregon SHIBA — shiba.oregon.gov](https://www.shiba.oregon.gov) (National: [shiphelp.org](https://www.shiphelp.org))

Medicare.gov — Costs and Help Paying Costs

Explains Medicare premiums, deductibles, copays, and financial assistance programs, including Medicare Savings Programs. Helpful for planning health care costs in retirement.

Website: [medicare.gov/basics/costs](https://www.medicare.gov/basics/costs) (and [Help With Costs / Medicare Savings Programs](https://www.medicare.gov/basics/costs))

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Medicare.gov — Preventive Services

Explains preventive care covered by Medicare, such as screenings, vaccines, and wellness visits. Helps people make full use of their benefits.

Website: [medicare.gov — Preventive Screening Services](https://www.medicare.gov/preventive-screening-services)

Senior Medicare Patrol — Fraud Prevention

Helps Medicare users spot and report fraud, scams, billing mistakes, and abuse. Useful for protecting personal information and Medicare benefits.

Website: [smpresource.org](https://www.smpresource.org)

BenefitsCheckUp — National Council on Aging

A free tool that helps older adults find programs that may help pay for health care, prescriptions, food, utilities, and other needs.

Website: [benefitscheckup.org](https://www.benefitscheckup.org)

Senior Care Placement Services & Concierge

Senior care placement and concierge services help families find housing, care, and support options. They may assist with comparing communities, scheduling tours, and coordinating next steps.

IQ Credit Union

Offers free notary service for members and non-members, as long as you have a valid government ID.

Website: iqcu.com

Mountain Retreat Secured Transport

Helps provide safe, considerate, and respectful transportation for individuals living with mental illness, developmental disabilities, Alzheimer's, or dementia, and those who require rehabilitation for behavioral management or substance-abuse-related issues.

Website: mretreatsecuredtransport.org

ODHS Long-Term Care Referral Registry

Referral agents help you and your family find the right licensed care setting. These settings provide housing, medication support, personal care such as bathing and dressing, and other services tailored to individual needs.

Website: lcr.oregon.gov

Multnomah County Aging and Disability Services

Helps connect seniors, people with disabilities, and caregivers to resources, programs, and services.

Website: multco.us — [Aging, Disability & Veterans Services](#)

General Care — ODHS

Oregonians aged 60 and older can use the official ODHS website to find information on home care, disability services, long-term care options, meal programs, health insurance, state benefits, and support for family caregivers.

Website: oregon.gov/odhs — [Older Adults](#)

Family Resource Home Care

Also offers a variety of personal care services.

Website: familyresourcehomecare.com/locations