

Resident Information Guide

Ascent Housing Foundation

Affordable Co-Living for the Golden Years

Welcome to Ascent Housing Foundation

Ascent Housing Foundation provides affordable, community-centered co-living homes for adults aged 65 and older in Northern California. Our mission is to combat both the affordability crisis and the loneliness epidemic by creating vibrant, supportive communities where seniors can thrive with dignity and independence.

This guide provides essential information for prospective residents and their families about our program, eligibility requirements, application process, and what to expect when living in an Ascent home.

Our Model: Affordable Co-Living

Ascent Housing Foundation transforms traditional single-family homes into shared living communities for 4-6 seniors. Each resident has a private, lockable bedroom while sharing common spaces such as the kitchen, dining room, living room, and bathrooms. This model significantly reduces housing costs while fostering community connection and mutual support.

Key Benefits of Our Model:

Our co-living approach addresses multiple challenges faced by low-income seniors. By sharing a home, residents benefit from dramatically reduced rent compared to traditional apartments or assisted living facilities. The all-inclusive monthly rent covers utilities, internet, weekly housekeeping of common areas, and access to fully furnished shared spaces, eliminating surprise expenses and simplifying budgeting on fixed incomes.

Beyond affordability, our homes combat social isolation through built-in community. Residents share meals, celebrate holidays together, and form meaningful friendships that enhance quality of life and mental health. The presence of housemates also provides an informal safety net, with neighbors who notice if someone needs help or support.

Each resident maintains complete independence in their private bedroom while enjoying the benefits of community in shared spaces. This balance allows seniors to age in place with dignity, avoiding the institutional feel of traditional senior housing while accessing the social connection that promotes health and wellbeing.

Eligibility Requirements

To qualify for housing at Ascent Housing Foundation, applicants must meet the following criteria:

Age Requirement

All residents must be 65 years of age or older. Our homes are specifically designed to serve adults in their golden years who are seeking affordable, community-oriented housing.

Income Guidelines

As an affordable housing provider, we serve low- to moderate-income seniors. Household income should generally not exceed 80% of the Area Median Income (AMI) for Sacramento County. For a single person, this is approximately \$60,000 per year or less. We accept all forms of fixed income including Social Security, SSI, pension income, disability benefits, and retirement savings distributions.

Independent Living Capability

Residents must be able to live independently and manage their own Activities of Daily Living (ADLs) without assistance. This includes bathing, dressing, eating, medication management, and mobility. Ascent Housing Foundation is not a licensed care facility and does not provide medical care, nursing services, or assistance with daily activities.

If you require assisted living or memory care services, we can help refer you to appropriate facilities in the area.

Background and Rental History

All applicants must pass a criminal background check and rental history verification. These checks ensure the safety and comfort of all residents. Certain criminal convictions may disqualify an applicant, particularly those involving violence, sexual offenses, or drug manufacturing. However, we evaluate each application on a case-by-case basis and consider factors such as time elapsed since conviction and evidence of rehabilitation. Past evictions or poor rental history may also affect eligibility, though we consider extenuating circumstances.

Application Process

Applying to live at Ascent Housing Foundation is straightforward and designed to be accessible for seniors and their families.

Step 1: Initial Inquiry

Contact us by phone at **916-752-2086** or email at **info@ascenthousingfoundation.org** to express your interest. We'll answer your initial questions and schedule a home tour if desired. You can also complete an online inquiry form at our website.

Step 2: Home Tour (Optional but Recommended)

We strongly encourage prospective residents to tour one of our homes before applying. Tours are available by appointment Monday through Friday, 10am-4pm. During the tour, you'll see a private bedroom, shared common areas, meet current residents if available, and have the opportunity to ask questions about daily life in our community.

Step 3: Submit Application

Complete the application form online or request a paper application by phone. The application requires basic personal information, income documentation, rental history, emergency contacts, and health information. **There is no application fee.**

Step 4: Document Submission

Provide required documentation including government-issued photo ID (driver's license, state ID, or passport), proof of income for the past 3 months (Social Security statements, pension statements, bank statements), rental history for the past 3 years (landlord contact information), and emergency contact information. If applicable, also provide Section 8 voucher documentation, disability documentation, or veteran status verification.

Step 5: Background Check and Verification

Once your application is complete, we conduct background checks and verify your information. This process typically takes 3-7 business days. We'll contact you if we need any additional information or clarification.

Step 6: Interview and Approval

If your application is approved, we'll schedule an interview to discuss your needs, answer remaining questions, and ensure our program is a good fit. This is also an opportunity for you to meet potential housemates and ask about the specific home you'd be joining.

Step 7: Move-In

Once accepted, you can move in as soon as a room becomes available. We'll provide a move-in checklist, lease agreement, and house rules. The typical timeline from application submission to move-in is 2-4 weeks, depending on background check processing, income verification, and room availability.

Waiting List

When all rooms are occupied, approved applicants are placed on a waiting list in order of application date. Wait times vary depending on turnover rates but typically range from 1-3 months. We prioritize applicants who are at immediate risk of homelessness or living in unsafe conditions. You can remain on the waiting list for up to 12 months, and we'll contact you when a room becomes available. There is no fee to be on the waiting list.

Costs and Payment Options

Ascent Housing Foundation is committed to true affordability for low-income seniors. Our pricing is transparent and all-inclusive, with no hidden fees.

Monthly Rent

All-inclusive monthly rent ranges from *975*to**1,400** depending on the property location and room size. Sacramento homes are 975–1,200 per month, while Mendocino County homes are 1,200–1,400 per month. This rent includes your private bedroom, all utilities (electricity, gas, water, trash), Wi-Fi, weekly housekeeping of common areas, and access to all shared spaces.

What's Included in Rent

Your monthly payment covers private lockable bedroom with bed frame, all utilities (electricity, gas, water, sewer, trash), high-speed Wi-Fi internet, weekly housekeeping of common areas (kitchen, bathrooms, living room), access to fully furnished common areas, laundry facilities (washer and dryer), basic cable TV in common areas, yard maintenance and snow removal, and ²⁴/₇ emergency maintenance.

What's Not Included

You are responsible for your own groceries and personal items, your own phone service, and furnishing your private bedroom beyond the basics provided (though we can provide additional basic furniture if needed).

Move-In Costs

Move-in costs include first month's rent, security deposit equal to one month's rent (refundable), and optional pet deposit if you have a pet (200–300). Total move-in costs typically range from 1,950 to 2,800. We offer payment plans for the security deposit if needed—you can pay half at move-in and the remainder over the first 3 months.

Section 8 Housing Choice Vouchers

We proudly accept Section 8 Housing Choice Vouchers from Sacramento County Housing Authority and other participating agencies. If you have a voucher, your portion of the rent will be calculated based on your income (typically 30% of your monthly income), and the voucher covers the rest. This can reduce your out-of-pocket cost to as little as 300–600 per month. Section 8 voucher holders may also have their security deposit covered by the housing authority. We work directly with housing authorities to ensure a smooth process.

Payment Methods

Rent is due on the 1st of each month. We accept multiple payment methods including automatic bank transfer (ACH), check, money order, and online payment through our resident portal. We encourage automatic payments to ensure you never miss a due date. Late fees apply after the 5th of the month (\$50 late fee). If you're experiencing financial hardship, please contact us immediately—we work with residents to create payment plans and connect them with emergency assistance programs.

What to Expect: Daily Life at Ascent

Living at Ascent Housing Foundation means being part of a supportive community while maintaining your independence and privacy.

Your Private Bedroom

Each private bedroom is approximately 120-150 square feet and includes a locking door with key for privacy and security, window with curtains or blinds, closet or wardrobe for clothing storage, bed frame (twin or full size), dresser or storage unit, desk or table, chair, and overhead lighting and electrical outlets. You may bring your

own furniture to personalize your space. Bedrooms are unfurnished except for the basics listed above, allowing you to make the room your own. You're welcome to decorate with photos, artwork, and personal items.

Shared Common Spaces

All residents have ²⁴/₇ access to fully equipped kitchen with refrigerator, stove, oven, microwave, dishwasher, and cookware, dining room with large table for community meals, living room with comfortable seating and TV, 2-3 full bathrooms (shared among residents), laundry room with washer and dryer, front and back yards with outdoor seating, and off-street parking (1 space per resident). Common areas are professionally cleaned weekly, but residents are expected to clean up after themselves daily.

Meals and Cooking

Meals are not provided. Each resident is responsible for their own groceries and meal preparation. However, our homes have fully equipped kitchens where you can cook your own meals. Many residents enjoy cooking together and sharing meals as a community activity, but this is entirely optional. We can connect you with Meals on Wheels and other meal delivery services if you need assistance. The kitchen is available ²⁴/₇ for your use, and you'll have designated refrigerator and pantry space for your groceries.

Community Activities

We organize optional community activities to foster connection including weekly community dinners (potluck style), monthly birthday celebrations, game nights and movie nights, holiday celebrations and seasonal events, group outings to local attractions, gardening and yard beautification projects, arts and crafts sessions, and educational workshops on topics like technology, health, and financial literacy. Participation is always optional—you're free to engage as much or as little as you'd like. Many residents find these activities help combat loneliness and build lasting friendships.

House Rules

Our house rules are designed to ensure everyone's comfort and safety. Key rules include respecting quiet hours (10pm-8am), cleaning up after yourself in shared spaces, no smoking inside the home (designated outdoor smoking area available), no illegal drugs or excessive alcohol consumption, treating all residents and staff with respect, attending monthly house meetings, reporting maintenance issues promptly, and following guest policies. Violations of house rules may result in warnings, mediation, or lease termination in serious cases.

Visitors and Guests

You're welcome to have visitors during reasonable hours (8am-10pm). Overnight guests are allowed for up to 3 consecutive nights per month with advance notice to house management and other residents. All guests must be registered at the front desk and follow house rules. For extended visits (more than 3 nights), please contact management to make arrangements. This policy ensures the comfort and safety of all residents while allowing you to maintain relationships with family and friends.

Pets

Our pet policy varies by property. Some homes allow small pets (typically under 25 lbs) with an additional pet deposit and monthly pet rent. Service animals and emotional support animals are always welcome with proper documentation under Fair Housing laws. Please inquire about the specific pet policy for the home you're interested in during the application process. All pets must be spayed/neutered, up-to-date on vaccinations, and well-behaved.

Support Services and Resources

While Ascent Housing Foundation does not provide direct care services, we connect residents with community resources and support services.

Available Support Connections

We help residents access Area Agency on Aging resources and case management, transportation services for medical appointments and errands, Meals on Wheels and

nutrition programs, legal assistance through Legal Services of Northern California, healthcare navigation and insurance enrollment help, benefits enrollment (CalFresh, Medi-Cal, etc.), mental health and counseling referrals, and emergency financial assistance programs. Our staff can help you access these services and advocate on your behalf when needed.

Safety and Security

Safety is our top priority. Our homes feature secure entry with keys for all residents, smoke detectors and carbon monoxide detectors in all rooms, fire extinguishers and clearly marked exits, well-lit exterior and interior spaces, regular safety inspections and maintenance, 24/7 emergency contact number for urgent issues, background checks for all residents and staff, and optional personal emergency response systems (medical alert buttons). We also conduct annual fire safety training and emergency preparedness workshops for all residents.

Lease Terms and Moving Out

We offer month-to-month leases with no long-term commitment required. This provides flexibility if your circumstances change. Either party can terminate the lease with 30 days written notice. There is no penalty for moving out, though you must provide proper notice to receive your security deposit back.

Most residents stay for 1-3 years or longer, as they appreciate the community and affordability. You're welcome to stay as long as you'd like, provided you follow house rules and pay rent on time.

When moving out, you'll receive your security deposit back within 21 days, minus any deductions for damages beyond normal wear and tear. We'll conduct a move-out inspection and provide an itemized statement of any deductions.

Frequently Asked Questions

Can I bring my own furniture?

Yes! You're encouraged to personalize your private bedroom with your own furniture,

bedding, decorations, and personal items. We provide basic furniture (bed frame, dresser, desk, chair), but you can replace or supplement these items.

What if I need help with daily activities?

Ascent homes are for independent living only. If you require assistance with Activities of Daily Living (ADLs) such as bathing, dressing, or medication management, we can help refer you to home care agencies or assisted living facilities that provide these services.

How are conflicts between residents resolved?

We have a clear conflict resolution process. Residents are encouraged to communicate directly with each other first. If unresolved, contact house management for mediation. We hold mediation sessions with all parties involved and create written agreements for behavior changes if needed. In serious cases, we may relocate a resident to a different property or terminate a lease.

Can I have a car?

Yes! Each resident has access to one off-street parking space. If you don't have a car, we can help connect you with transportation services for medical appointments, grocery shopping, and other errands.

What happens in an emergency?

We have a 24/7 emergency contact number for urgent issues such as medical emergencies, fire, flood, or safety concerns. For medical emergencies, call 911 first, then contact our emergency line. For maintenance emergencies (broken water heater, gas leak, etc.), call our emergency maintenance line immediately.

Contact Information

Ascent Housing Foundation

Phone: 916-752-2086

Email: info@ascenthousingfoundation.org

Website: www.ascenthousingfoundation.org

Mailing Address:

Ascent Housing Foundation

Elk Grove, CA 95758

Office Hours:

Monday - Friday: 9:00 AM - 5:00 PM

Saturday: By appointment

Sunday: Closed

Next Steps

Ready to apply or learn more? Here's how to get started:

Schedule a Home Tour: Call 916-752-2086 or email info@ascenthousingfoundation.org to schedule a tour of one of our homes. Tours are available Monday-Friday, 10am-4pm.

Complete an Application: Visit our website to complete an online application, or request a paper application by phone. There is no application fee.

Ask Questions: Contact us anytime with questions about eligibility, the application process, or daily life at Ascent. We're here to help you determine if our program is the right fit for your needs.

Connect with Resources: If you're not sure whether you qualify or need help gathering required documents, contact us. We can connect you with social service agencies and advocacy organizations that can assist.

Ascent Housing Foundation is a 501©(3) non-profit organization dedicated to providing affordable, dignified housing for adults in their golden years. We believe everyone deserves a safe, comfortable home and a supportive community.

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