

Market Survey of Long-Term Care Costs

The 2011 MetLife Market Survey of Nursing Home, Assisted Living, Adult Day Services, and Home Care Costs



Overview

The 2011 results of the MetLife Mature Market Institute's market survey reveal that average national long-term care costs continue to rise, and that this year's increases are even greater than previous years. From last year, rates increased by 4.4% to \$239 for a private nursing home room, assisted living base rates rose by 5.6% to \$3,477 monthly, and adult day services went up by 4.5% to \$70 per day. Home health aides and homemaker/companion service rates were unchanged at \$21 and \$19 per hour, respectively. (Rates and services vary greatly locally and by state and are available in the survey.)

Today

- Nursing Homes:** According to the U.S. Census Bureau, in 2010, 66% of nursing home residents were women. The median age of residents was 82.7 years; 16% of all residents were under the age of 65. Eighty-three percent of those surveyed are freestanding facilities; 15% have an assisted living unit or wing.
- Assisted Living:** The average age is 86.9 years; the median length of stay 25.6 months. Oversight of these facilities rests primarily with state governments versus federal regulations. Almost three-quarters, 72%, provide Alzheimer's and dementia care, 50% of those charge an additional fee.

Summary of National Findings*

Rate Type	Nursing Homes (Private Room) Daily	Assisted Living Communities Monthly	Home Care		Adult Day Services Daily
			Home Health Aide Hourly	Homemaker Hourly	
2011 Average Rate	\$239	\$3,477	\$21	\$19	\$70
2010 Average Rate	\$229	\$3,293	\$21	\$19	\$67
\$/% Increase from 2010	\$10 (4.4%)	\$184 (5.6%)	\$0 (0%)	\$0 (0%)	\$3 (4.5%)
2011 Median Rate	\$224	\$3,243	\$20	\$19	\$65
2011 Annual Rate	\$87,235	\$41,724	\$21,840	\$19,760	\$18,200

*Costs are rounded to the nearest dollar

- **Adult Day Services:** The National Adult Day Services Association estimates that there are at least 4,600 adult day centers in the U.S. serving over 260,000 participants and family caregivers. Seventy percent of surveyed facilities provide transportation to and from their locations, 47% of which for no charge. The average cost of transportation for those facilities that charge is \$8 each way.
- **Home Care Services:** Aging adults may choose to live on their own for many years, many with chronic conditions or illnesses. Most Home Health Care agencies provide Alzheimer's training to their employees and do not charge an additional fee for patients with Alzheimer's.

Background

In 2002, the MetLife Mature Market Institute pioneered the collection of national market survey data on nursing home, assisted living, and home care costs. Since then, these market survey data have been updated and released on an annual basis. In 2007, cost information on adult day services (ADS) was included for the first time.

For More Information

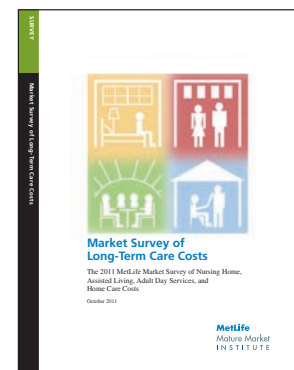
To download the *Market Survey of Long-Term Care Costs*, which includes state and major area details, visit www.MatureMarketInstitute.com. It can also be ordered by writing to: MetLife Mature Market Institute, 57 Greens Farms Road, Westport, CT 06880.

This market survey contains daily private-pay rates for private and semi-private rooms in licensed nursing homes, monthly base rates for assisted living communities, hourly rates for home health aides from licensed agencies and agency-provided homemaker/companion services, and daily rates for adult day services across the United States.

Methodology

This survey of 2,003 nursing homes, 1,492 assisted living communities, 1,644 home care agencies, and 1,341 adult day services in all 50 states and the District of Columbia was conducted by telephone between April and August 2011, by LifePlans, Inc., for the MetLife Mature Market Institute.

The states were divided into three groups, according to the population. These groupings were determined using data from the 2000 U.S. Census and updates. The cities/areas surveyed were chosen on the basis of population and the ability to obtain a representative sampling of facilities and providers.



The MetLife Mature Market Institute®

The MetLife Mature Market Institute is MetLife's center of expertise in aging, longevity and the generations and is a recognized thought leader by business, the media, opinion leaders and the public. The Institute's groundbreaking research, insights, strategic partnerships and consumer education expand the knowledge and choices for those in, approaching or working with the mature market.

The Institute supports MetLife's long-standing commitment to identifying emerging issues and innovative solutions for the challenges of life. MetLife, Inc. is a leading global provider of insurance, annuities and employee benefit programs, serving 90 million customers in over 50 countries. Through its subsidiaries and affiliates, MetLife holds leading market positions in the United States, Japan, Latin America, Asia Pacific, Europe and the Middle East. For more information, please visit: www.MatureMarketInstitute.com.

- Not A Deposit • Not FDIC-Insured • Not Insured By Any Federal Government Agency
- Not Guaranteed By Any Bank Or Credit Union • May Go Down In Value