



Summary of 2016 Long Term Care Costs

Take a look at the chart for the average annual cost of long term care in your area*.

You may discover it is more expensive than you thought.

Region ¹	State	Average Annual Rates		
		Nursing Home Semi-Private Room	Assisted Living Facility ²	Home Care ³
Anchorage	AK	\$168,280	\$60,658	\$37,037
Montgomery	AL	\$75,752	\$46,613	\$22,659
Little Rock-North Little Rock	AR	\$64,817	\$52,242	\$25,519
Tucson	AZ	\$76,843	\$54,484	\$30,459
Phoenix-Mesa	AZ	\$94,290	\$52,463	\$30,082
Los Angeles-Orange County	CA	\$98,776	\$61,074	\$29,575
San Francisco-Oakland	CA	\$122,983	\$64,203	\$34,047
San Diego	CA	\$101,269	\$57,957	\$30,771
Colorado Springs	CO	\$90,973	\$56,869	\$31,694
Hartford	CT	\$153,183	\$70,121	\$31,889
Bridgeport-Stamford-Norwalk	CT	\$167,966	\$79,784	\$33,475
District of Columbia-Baltimore	DC	\$124,034	\$71,861	\$29,471
Wilmington-Atlantic City-Philadelphia	DE	\$130,185	\$71,114	\$29,900
Miami-Fort Lauderdale	FL	\$101,612	\$47,792	\$22,984
Orlando	FL	\$105,160	\$49,094	\$26,403
Atlanta	GA	\$76,668	\$53,991	\$25,831
Honolulu	HI	\$123,107	\$70,629	\$32,799
Des Moines	IA	\$80,986	\$52,894	\$31,837
Boise City	ID	\$94,374	\$48,175	\$28,444
Chicago-Gary-Kenosha	IL	\$100,196	\$65,301	\$29,926
Springfield	IL	\$68,255	\$63,165	\$26,975
Indianapolis	IN	\$88,166	\$53,302	\$28,119
Wichita	KS	\$73,639	\$54,958	\$35,815
Lexington	KY	\$77,281	\$50,130	\$28,197
Shreveport-Bossier City	LA	\$62,079	\$39,696	\$24,427
Baton Rouge	LA	\$62,568	\$44,389	\$25,428
Boston-Worcester-Lawrence	MA	\$144,920	\$75,689	\$34,476
Baltimore-District of Columbia	MD	\$124,034	\$71,861	\$29,471
Portland	ME	\$126,359	\$80,876	\$32,357
Grand Rapids-Muskegon-Holland	MI	\$96,908	\$58,219	\$29,861
Detroit-Ann Arbor-Flint	MI	\$99,094	\$59,173	\$28,041
Minneapolis-St. Paul	MN	\$108,306	\$53,251	\$39,195

*Please note these are Annual Costs. Your Coverage is based on Daily or Monthly Benefit Amount

Average Annual Rates

Region ¹	State	Nursing Home Semi-Private Room	Assisted Living Facility ²	Home Care ³
St. Louis	MO	\$69,894	\$56,076	\$28,184
Kansas City	MO	\$75,183	\$55,341	\$28,041
Jackson	MS	\$70,748	\$40,103	\$23,595
Billings	MT	\$85,465	\$46,595	\$33,150
Charlotte-Gastonia-Rock Hill	NC	\$84,304	\$59,457	\$27,326
Raleigh-Durham-Chapel Hill	NC	\$92,630	\$64,977	\$27,261
Fargo-Moorhead	ND	\$96,513	\$36,302	\$36,439
Omaha	NE	\$92,312	\$51,598	\$30,979
Manchester-Nashua	NH	\$115,314	\$68,312	\$32,149
Northern New Jersey-New York-Long Island	NJ	\$137,952	\$79,771	\$30,498
Albuquerque	NM	\$94,488	\$50,886	\$28,860
Las Vegas	NV	\$79,928	\$47,170	\$28,028
Albany-Schenectady-Troy	NY	\$129,049	\$58,272	\$31,590
Syracuse	NY	\$131,437	\$54,045	\$36,049
New York-Long Island-Northern New Jersey	NY	\$137,952	\$79,771	\$30,498
Columbus	OH	\$87,480	\$61,084	\$29,003
Cleveland-Akron	OH	\$92,378	\$60,447	\$26,533
Tulsa	OK	\$56,677	\$57,807	\$30,355
Oklahoma City	OK	\$64,696	\$47,487	\$27,313
Portland-Salem	OR	\$108,033	\$56,223	\$32,357
Pittsburgh	PA	\$111,325	\$50,800	\$29,003
Philadelphia-Wilmington-Atlantic City	PA	\$130,185	\$71,114	\$29,900
Providence-Fall River-Warwick	RI	\$112,734	\$64,494	\$33,917
Columbia	SC	\$90,724	\$51,994	\$24,674
Sioux Falls	SD	\$81,943	\$48,250	\$30,953
Rapid City	SD	\$81,578	\$41,486	\$33,527
Memphis	TN	\$72,022	\$53,796	\$24,427
Nashville	TN	\$81,315	\$50,233	\$26,702
Dallas-Fort Worth	TX	\$61,181	\$54,471	\$27,846
Houston-Galveston-Brazoria	TX	\$62,349	\$60,592	\$29,003
Salt Lake City-Ogden	UT	\$84,377	\$50,019	\$32,188
Richmond-Petersburg	VA	\$90,440	\$60,135	\$27,248
Burlington	VT	\$113,909	\$61,220	\$34,502
Seattle-Tacoma-Bremerton	WA	\$116,789	\$63,580	\$35,698
Madison	WI	\$99,736	\$57,656	\$35,165
Milwaukee-Racine	WI	\$124,053	\$58,446	\$32,474
Charleston	WV	\$115,179	\$57,094	\$25,714
Casper	WY	\$83,768	\$46,890	\$33,579
Cheyenne	WY	\$93,060	\$60,276	\$30,654

1 – Geographical regions defined by the US Census Bureau Office of Management and Budget.

2 – Assisted Living Facilities based on 1 Bedroom

3 – Home Care based on 5 hours of care per day, 5 days per week.

Source:
LTCG 2016 Cost of Care Study,
Release date January 2017

These costs reflect 2016 prevailing market costs.

