

Costs of Care

Some **average costs for [long-term care](#)** in the United States (in 2010) were:

- \$205 per day or **\$6,235 per month** for a semi-private room in a [nursing home](#)
- \$229 per day or \$6,965 per month for a private room in a nursing home
- **\$3,293 per month** for care in an **assisted living** facility (for a one-bedroom unit)
- **\$21 per hour for a home health aide**
- \$19 per hour for [homemaker](#) services
- **\$67 per day for services in an adult day health care center**

The cost of long-term care **depends** on the type and duration of care you need, the provider you use, and where you live. Costs can be affected by certain factors, such as:

- **Time of day.** Home health and home care services, provided in two-to-four-hour blocks of time referred to as “visits,” are generally **more expensive in the evening, on weekends, and on holidays**
- **Extra charges** for services provided beyond the basic room, food and housekeeping charges at facilities, although some may have “all inclusive” fees.
- **Variable rates** in some community programs, such as adult day service, are **provided at a per-day rate, but can be more** based on extra events and activities

LTC PATHFINDER

Planning Ahead

Planning considerations and options associated with your age:

- Less than 50
- Between 51 and 64
- Age 65 and older

Receiving LTC

Resources for people already receiving long-term care services.

- Already receiving LTC

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