

STATE MEDIAN: MONTHLY CARE COSTS IN 2014

Maryland State Median	
Home Care	
Homemaker services	\$3,527
Home health aide	\$3,813
Adult Day Health Care	
Adult day health care	\$1,647
Assisted Living Facility	
Private, one bedroom	\$3,400
Nursing Home Care	
Semi-private room	\$8,197
Private room	\$8,722

Virginia State Median	
Home Care	
Homemaker services	\$3,432
Home health aide	\$3,623
Adult Day Health Care	
Adult day health care	\$1,322
Assisted Living Facility	
Private, one bedroom	\$3,990
Nursing Home Care	
Semi-private room	\$6,418
Private room	\$7,026

*State Median is the median cost for care across the entire state.

Definitions:

Home Health Aides help those who are elderly, disabled, or too ill to live in their own homes or in residential care facilities instead of in nursing homes. Home health aides may offer care to people who need more extensive personal care than family or friends are able to or have the time or resources to provide.

Homemaker Services make it possible for people to live in their own homes or return to their homes by helping them complete household tasks that they can't manage alone. Homemaker services aides may clean houses, cook meals or run errands.

Adult Day Health Care centers can offer a much-needed break to caregivers. This type of care provides service at a community-based center for adults who need assistance or supervision during the day but who do not need round the clock care. The centers may provide health services, therapeutic services and social activities.

Assisted Living Facilities (referred to as Residential Care Facilities in California) are living arrangements that provide personal care and health services for people who may need assistance with activities of daily living, but who wish to live as independently as possible and who do not need the level of care provided by a nursing home. It's important to note that assisted living is not an alternative to a nursing home, but an intermediate level of long-term care.

Nursing Home Care is for people who may need a higher level of supervision and care than in an assisted living facility. They offer residents personal care, room and board, supervision, medication, therapies and rehabilitation, as well as skilled nursing care 24 hours a day.

For more information about long term care planning, please contact your financial professional.

Source: Genworth Financial, Inc. and National Eldercare Referrals, LLC