

Costs Comparison for Nursing Homes, Assisted Living Facilities and Personal Care at Home

Average Annual Costs for the State of Maine		
Private Room in Nursing Home with 3 Hours/Day of Personal Care		\$108,000*
Private Room in Assisted Living Facility with 1-2 Hours/Day of Personal Care		\$60,132*
Staying in your own home with 3 Hours/Day of Personal Care		\$25,740
For a breakdown of what is included in each of the costs, please read below		
❖ 2010 Nursing Home Costs in Southern Maine (annualized average)*		
• Semi-Private Room	\$95,265	
• Private Room	\$108,000	
<i>Services provided at nursing homes typically include:</i>		
✓ Room and Board		
✓ Nursing care (average of 1 hour RN care/day and 24 minutes of LPN care/day)**		
✓ Medication management		
✓ Personal care (assistance with ADLs) (average of 3 hours/day)**		
✓ Activities		
❖ 2010 Assisted Living Costs in Southern Maine (annualized average)*		
• Private Room	\$60,132	
<i>Services typically include:</i>		
✓ Help with ADLs (Amount of time varies – average 1-2 hours/day)		
>Please note: Assisted Living Costs increase based on amount of services needed<		
✓ Housekeeping and laundry		
✓ Medication management		
✓ Activities		
✓ Group Transportation		
✓ Two or more meals per day		
❖ 2011 VNA LifeStages Home Care Costs (annualized)		
• Companionship and Personal Care:		
✓ 15 Hours of Care Mon – Fri (3 hours/day)	\$17,940	
✓ 6 Hours of Care Sat – Sun (3 hours/day)	\$7,800	

✓ Annual Cost for Daily 3 hours of Care	\$25,740	
LifeStages Services Offered: Transportation to all appointments, Grocery Shopping, Errands, Meal Preparation and Cooking, Light Housekeeping, Laundry, Friendly Companionship for all activities, and assistance with ADLs, (Bathing, Dressing, Toileting and Transferring).		
Additional Benefits – Can stay in their own home maintaining their quality of life with one-on-one care customized to their way of life.		

* Source: Met Life Mature Market Institute – Market Survey of Long Term Care Costs – 2010

** Source: Medicare Certified Home Health Compare -
<http://www.medicare.gov/homehealthcompare/search.aspx>