

## Virginia - State Median: Annual Care Costs in 2010

	Annual Cost	5-yr Annual Growth***
<b>Nursing Home Care</b>		
Private room	\$73,000	5%
Semi-private room	\$65,700	4%
<b>Assisted Living Facility</b>		
Private, one bedroom	\$43,182	5%
<b>Adult Day Health Care</b>		
Adult day health care	\$13,780	N/A
<b>Home Care</b>		
Home health aide	\$41,184	2%
Homemaker services	\$37,752	2%

\*\*\* Represents the compound annual growth rate based on Genworth Cost of Care Survey.

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

### Definitions:

**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.

**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.

**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.

**Home Health Aides** help those who are elderly, disabled, or 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 to 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.

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

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