

The Costs of Senior Care

WHAT TO KNOW

As the number of older adults in the U.S. reaches an all-time high, the increasing costs of care have become a major concern for many. Understanding the types of care and their costs can help you plan for the future.

Adult Day Care

Adult day care centers help adults maintain a regular, active social life with recreational activities, or even medical services for those with disabilities, depending on the facility. Most centers are open on the weekdays for daytime care only.



Average cost in 2024:
\$98 per day ¹

Custodial Care

Custodial care, or a home health aide, provides nonmedical support for adults who need help completing their daily activities like housekeeping and bathing. In most cases, Medicare doesn't pay for custodial care.



Median cost in 2024:
\$6,000 per month²

Skilled Home Health Care

Skilled home health care provides medical services like physical therapy, wound care, and administration of medications. Skilled home care — when ordered by a medical professional — is a benefit of Medicare and the Compass Rose Health Plan.



Average cost in 2024: **\$0**
for covered home health care services
under Medicare Parts A and B.³

Assisted Living Facilities

Assisted living facilities are full-time homes for older adults who need more extensive care while maintaining a level of independence. Typically, the more care you need, the more expensive assisted living will be.



Average cost in 2024:
\$54,000 per year⁴

Nursing Home

Nursing homes are more like hospitals when compared to assisted living facilities. They also provide the highest level of care out of these options, with medical professionals on-site for those with physical and cognitive impairments.



Median cost in 2024:
\$9,000 per month⁵



Compass Rose Aging Well



It's never too early to plan for future care costs, even if you are not sure what care you or your loved ones may need. Our Aging Well Resource Coordinator can help you understand senior care and assess your needs. We can also help you understand what costs are covered by Medicare and find services near you that can help with financial planning.

Learn more about senior care and Aging Well at compassrosebenefits.com/AgingWell.

Sources:

¹<https://www.seniorliving.org/adult-day-care/costs/>

²<https://www.seniorliving.org/custodial-care/costs>

³<https://www.medicare.gov/basics/costs/medicare-costs>

⁴<https://www.ncoa.org/adviser/local-care/assisted-living/costs/>

⁵<https://www.aplaceformom.com/caregiver-resources/articles/nursing-homes-cost>



Compass Rose
Health Plan