

National Study Released on the Costs of Home Care

As home care becomes more of the norm for those who need care and less people receive care in a facility, the costs of care at home and the reasons for that care will be studied more closely. One interesting fact is that the hourly rates for the most common care, that of a homemaker/companion providing non-medical care, has only increased \$1 an hour. The latest study is the 2007 MetLife Market Survey of Adult Day Services & Home Care Costs.

Findings from the 2007 MetLife Market Survey of Adult Day Services & Home Care Costs show the national average hourly rate for a home health aide is \$19, remaining unchanged from the previous year. The hourly rate for a homemaker/companion is \$18, representing an hourly increase of \$1 over the previous year.

Over one-quarter (26.3%) of those receiving home care had diseases of the circulatory system (heart disease, hypertension), just over one in ten (11%) were diagnoses with endocrine and metabolic diseases (e.g. diabetes), and 6.1% had diseases of the nervous system and sense organs (Alzheimer's disease, Parkinson's disease).

As the chart below shows, most of those receiving home care were living with someone else.

Living Arrangements

	<u>Number</u>	<u>Percent</u>
Living alone	385,500	30.2%
Living with family members	804,600	63.1%
Living only with non-family members	55,200	4.3%
Living arrangement unknown	29,600	2.3%

For the first time, the survey reported on costs for adult day services, which can provide a cost-effective alternative to help individuals remain at home. The national average daily rate for adult day services is \$61. Many families use adult day care in addition to home care to stretch the dollars available to provide 24 hour care on a long term basis. .

To access the complete study visit the link below:

<http://www.metlife.com/WPSAssets/18746211091190810760V1F2007ADSHCCStudy.pdf>