

Long-Term Care Costs - Maryland

Nursing Home Semi-Private Daily Rates

| Region | First 3 Zip Code Numbers | Semiprivate High | Semiprivate Low | Semiprivate Average |
|---------------|--------------------------|------------------|-----------------|---------------------|
| Baltimore | 212 | \$258 | \$175 | \$202 |
| Silver Spring | 209 | \$265 | \$132 | \$203 |

Nursing Home Private Daily Rates

| Region | First 3 Zip Code Numbers | Private High | Private Low | Private Average |
|---------------|--------------------------|--------------|-------------|-----------------|
| Baltimore | 212 | \$266 | \$177 | \$216 |
| Silver Spring | 209 | \$275 | \$195 | \$230 |

Assisted Living Monthly Base Rates

| Region | First 3 Zip Code Numbers | High | Low | Average |
|---------------|--------------------------|---------|---------|---------|
| Baltimore | 212 | \$5,009 | \$2,500 | \$3,334 |
| Silver Spring | 209 | \$5,363 | \$3,300 | \$4,344 |

Home Health Aide Hourly Rates

| Region | First 3 Zip Code Numbers | HHA High | HHA Low | HHA Average |
|---------------|--------------------------|----------|---------|-------------|
| Baltimore | 212 | \$30 | \$16 | \$20 |
| Silver Spring | 209 | \$24 | \$15 | \$18 |

Adult Day Care Services

| Region | First 3 Zip Code Numbers | Adult Day Care High | Adult Day Care Low | Adult Day Care Average |
|---------------|--------------------------|---------------------|--------------------|------------------------|
| Baltimore | 212 | \$74 | \$65 | \$72 |
| Silver Spring | 209 | \$76 | \$60 | \$69 |

Note: You may want to add 5%-7% to these figures to get an estimate of the 2008 rates.

Source: MetLife Market Survey of Nursing Homes and Home Health Care of 2007

Source: MetLife Market Survey of Assisted Living of 2007