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**MetLife Mature Market Institute® Releases National
Survey of Nursing Home and Assisted Living Costs
Private Nursing Home Room Rates Remain Steady in 2008, Semi-Private Rates Increase 1.1%
Assisted Living Rates Rise 2.1%**

Westport, CT – October 28, 2008 – Average rates for a private room in a nursing home remained essentially unchanged nationally from 2007, while semi-private rates increased 1.1%, from \$189 daily or \$68,985 annually in 2007, to \$191 daily or \$69,715 annually in 2008, according to the 2008 *MetLife Market Survey of Nursing Home & Assisted Living Costs*. The MetLife Mature Market Institute reports that average assisted living rates increased by 2.1%, from \$2,969 monthly or \$35,628 annually in 2007, to \$3,031 monthly or \$36,372 annually in 2008.

The highest daily rates for nursing homes are in Alaska, \$577 for a private room and \$566 for a semi-private room. In 2008, the non-metropolitan and non-suburban areas of Louisiana had the lowest daily rates for a private room in a nursing home, averaging \$127 per day. The non-metropolitan and non-suburban areas of Minnesota and Oklahoma had the lowest semi-private room nursing home, averaging \$121 per day. For assisted living communities, Southern Maine had the highest average monthly base rate at \$4,708 and North Dakota had the lowest average monthly base rate at \$1,980.

Summary of National Findings			
National Findings	Nursing Homes		Assisted Living Communities
	Private Room	Semi-Private Room	
Rate Type	Daily	Daily	Monthly
2008 Average Rate	\$212	\$191	\$3,031
2007 Average Rate	\$213	\$189	\$2,969
\$ Change 2007 to 2008	-\$1	+\$2	+\$62
% Change 2007 to 2008	-0.5%	+1.1%	+2.1%
2008 Median Rate	\$200	\$178	\$2,900
2008 High Average Rate	\$577 AK – Statewide	\$566 AK – Statewide	\$4,708 ME – Southern Maine
2008 Low Average Rate	\$127 LA – Rest of State	\$121 MN – Rest of State OK – Rest of State	\$1,980 ND – Statewide

Note: Costs vary by region and by the services included in the base rate costs.

The study also found that advertised base rates for assisted living may not comprise the total cost families will pay when additional charges, like those associated with providing additional assistance, are added.

The average monthly rate for assisted living communities providing assistance with activities of daily living (ADL) above the base rate is \$386. The average monthly rate for providing assistance with instrumental activities of daily living (IADL), such as medication management, is \$327.

Assisted living communities in the basic category (offering only basic services) cost an average of \$2,873, while those in the standard category (offering more services) have an average base cost of \$2,985, a 3.9% increase. Communities in the inclusive category (offering still more services) have an average base cost of \$3,354, a 12.4% increase over “standard” and a 16.7% increase over “basic.”

“Families are often faced with choices of assisted living communities in a local area, and must make comparisons and decisions which may have a significant financial impact on them,” said Sandra Timmermann, Ed.D., director of the MetLife Mature Market Institute. “With this in mind, it is important to factor in any additional services needed in order to obtain an accurate picture of the full cost and quality of the community.”

Here are nursing home and assisted living costs by region throughout the U.S.:

	Daily Nursing Home Costs (Private Room)	Monthly Assisted Living Costs
Alabama (AL)	\$167	\$2,425
Birmingham	\$169	\$2,912
Montgomery	\$187	\$2,573
Rest of State	\$157	\$2,202
Alaska (AK)	\$577	\$4,645
Arizona (AZ)	\$214	\$2,947
Phoenix	\$222	\$2,751
Tucson	\$204	\$3,157
Rest of State	\$215	\$2,920
Arkansas (AR)	\$152	\$2,289
Little Rock	\$170	\$2,675 *Little Rock Area
Rest of State	\$142	\$2,134
California (CA)	\$249	\$3,132
Los Angeles	\$198	\$2,235
San Diego	\$240	\$2,538
San Francisco	\$344	\$3,669
Rest of State	\$226	\$3,384
Colorado (CO)	\$200	\$3,121
Denver	\$200	\$2,513
Colorado Springs	\$205	\$3,329
Rest of State	\$198	\$3,372
Connecticut (CT)	\$362	\$4,286
Hartford	\$359	\$4,146 *Hartford Area
Stamford Area	\$394	\$4,403
Rest of State	\$346	\$4,303
Washington (DC)	\$295	\$4,414
Delaware (DE)	\$239	\$4,053

Wilmington	\$246	\$4,410
Rest of State	\$235	\$3,638
Florida (FL)	\$218	\$2,748
Jacksonville	\$192	\$2,988
Orlando	\$224	\$2,135
Miami	\$220	\$2,936
Rest of State	\$228	\$2,812
Georgia (GA)	\$171	\$2,732
Marietta Area	\$178	\$2,861 *Alpharetta
Atlanta	\$185	\$2,738
Rest of State	\$161	\$2,642
Hawaii (HI)	\$306	\$3,566
Honolulu	\$277	
Rest of State	\$342	
Idaho (ID)	\$192	\$2,847
Boise	\$215	\$3,200
Rest of State	\$181	\$2,591
Illinois (IL)	\$202	\$3,444
Des Plaines Area	\$263	\$4,268 *Highland Park Area
Chicago	\$168	\$2,939
Peoria	\$210	\$2,806 *Peoria Area
Rest of State	\$178	\$3,506
Indiana (IN)	\$195	\$2,573
Indianapolis	\$187	\$2,448
Fort Wayne	\$213	\$2,335 *Fort Wayne Area
Rest of State	\$192	\$2,758
Iowa (IA)	\$156	\$2,424
Des Moines	\$159	\$2,550 *Des Moines Area
Rest of State	\$155	\$2,344
Kansas (KS)	\$147	\$2,736
Wichita	\$159	\$3,031
Rest of State	\$141	\$2,580
Kentucky (KY)	\$184	\$2,831
Louisville	\$204	\$3,579
Lexington	\$197	\$2,884 *Lexington Area
Rest of State	\$169	\$2,282
Louisiana (LA)	\$132	\$2,318
Baton Rouge	\$135	\$2,480
Shreveport Area	\$137	\$2,338
Rest of State	\$127	\$2,266
Maine (ME)	\$255	\$4,571
Southern ME	\$283	\$4,708
Rest of State	\$241	\$4,451
Maryland (MD)	\$248	\$3,659
Silver Spring	\$260	\$4,316
Baltimore	\$243	\$2,818
Rest of State	\$242	\$3,775
Massachusetts (MA)	\$302	\$4,192
Worcester	\$295	\$4,145 *Worcester Area

Boston	\$309	\$4,143
Rest of State	\$302	\$4,240
Michigan (MI)	\$203	\$2,943
Detroit	\$169	\$3,218 *Detroit Area
Grand Rapids	\$234	\$2,485
Rest of State	\$210	\$2,942
Minnesota (MN)	\$149	\$2,524
Minneapolis/St. Paul	\$160	\$2,871
Rochester Area	\$168	\$2,489
Rest of State	\$135	\$2,179
Mississippi (MS)	\$184	\$2,541
Jackson	\$180	\$2,743 *Jackson Area
Rest of State	\$186	\$2,375
Missouri (MO)	\$147	\$2,628
Saint Louis	\$175	\$3,071
Kansas City	\$144	\$2,444 *Kansas City Area
Rest of State	\$134	\$2,474
Montana (MT)	\$174	\$2,790
Billings	\$177	\$3,245
Rest of State	\$172	\$2,576
Nebraska (NE)	\$158	\$2,407
Omaha	\$202	\$2,296
Rest of State	\$138	\$2,530
Nevada (NV)	\$213	\$2,611
Las Vegas	\$226	\$2,255
Rest of State	\$206	\$2,776
New Hampshire (NH)	\$266	\$3,732
Manchester	\$265	\$3,858 *Manchester Area
Rest of State	\$266	\$3,516
New Jersey (NJ)	\$287	\$4,009
Cherry Hill Area	\$302	\$3,259
Bridgewater Area	\$277	\$4,079
Rest of State	\$286	\$4,356
New Mexico (NM)	\$189	\$2,772
Albuquerque	\$197	\$2,805
Rest of State	\$185	\$2,730
New York (NY)	\$314	\$3,362
New York	\$361	\$4,146
Syracuse	\$287	\$3,234
Rochester	\$309	\$3,081
Rest of State	\$305	\$3,164
North Carolina (NC)	\$192	\$2,988
Raleigh/Durham	\$205	\$3,269
Charlotte	\$196	\$2,985
Rest of State	\$182	\$2,891
North Dakota (ND)	\$150	\$1,980
Fargo Area	\$154	
Rest of State	\$148	
Ohio (OH)	\$203	\$2,987
Columbus	\$203	\$3,580 *Columbus Area

Cleveland	\$215	\$3,139
Cincinnati	\$216	\$2,869
Rest of State	\$191	\$2,720
Oklahoma (OK)	\$153	\$2,346
Oklahoma City	\$161	\$2,415
Tulsa	\$173	\$2,600
Rest of State	\$140	\$2,214
Oregon (OR)	\$231	\$2,827
Portland	\$228	\$3,044
Eugene	\$228	\$2,885
Rest of State	\$233	\$2,619
Pennsylvania (PA)	\$243	\$2,846
Pittsburgh	\$269	\$2,868
Scranton	\$207	\$2,494 *Scranton Area
Philadelphia	\$256	\$3,098 *Philadelphia Area
Rest of State	\$245	\$2,896
Rhode Island (RI)	\$246	\$3,319
Providence	\$247	\$3,318
Rest of State	\$246	\$3,320
South Carolina (SC)	\$183	\$2,726
Columbia	\$183	\$2,397 *Columbia Area
Charleston	\$188	\$2,951
Rest of State	\$180	\$2,766
South Dakota (SD)	\$169	\$2,341
Rapid City Area	\$190	\$2,622
Rest of State	\$158	\$2,194
Tennessee (TN)	\$172	\$2,807
Nashville	\$191	\$3,099 *Nashville Area
Memphis	\$170	\$3,015
Rest of State	\$161	\$2,513
Texas (TX)	\$177	\$2,882
Dallas/Ft. Worth	\$188	\$2,849
Houston	\$180	\$2,868
Austin	\$167	\$3,649
Rest of State	\$172	\$2,613
Utah (UT)	\$192	\$2,425
Salt Lake City	\$187	\$2,428
Rest of State	\$195	\$2,423
Vermont (VT)	\$248	\$4,375
Virginia (VA)	\$202	\$3,651
Alexandria Area	\$258	\$3,709 *Northern Virginia
Richmond Area	\$201	\$3,357 *Richmond
Rest of State	\$178	\$3,734
Washington (WA)	\$238	\$2,799
Seattle	\$275	\$2,965
Spokane	\$232	\$2,445
Rest of State	\$223	\$2,893
West Virginia (WV)	\$203	\$2,933
Charleston Area	\$201	
Rest of State	\$204	

Wisconsin (WI)	\$216	\$3,208
Milwaukee	\$238	\$3,428
Madison Area	\$231	\$3,224 *Madison
Rest of State	\$198	\$3,102
Wyoming (WY)	\$187	\$2,741
National Average	\$212	\$3,031

According to the U.S. Census Bureau, in 2007, 68% of nursing home residents were women and only 14% of all residents were under the age of 65. The median age of residents was 83.1 years. MetLife’s 2008 Market Survey found that 81% of all nursing homes surveyed are freestanding facilities; 17% have an associated assisted living unit or wing. Thirty percent of the nursing homes surveyed have separate Alzheimer’s units. The national average daily rate for a private room in an Alzheimer’s unit is \$219 (\$79,935 annually). The average semi-private room Alzheimer’s unit rate is \$198 (\$72,270 annually), \$7 per day more than the standard rate.

It is estimated that more than 900,000 Americans live in approximately 39,500 assisted living residences in the United States. The National Center for Assisted Living reports that the average age of an assisted living resident is 85 years old. The average length of stay in assisted living is approximately 21 months, according to the American Senior’s Housing Association.

Most assisted living communities create an individual plan for each resident that details the services required. That plan should be updated regularly to ensure that residents receive proper care as their conditions change. Fees for additional services can vary considerably by community size. Regardless of size, base rate fees often cover only some of the total costs needed. Services included in the base rate will vary by community.

The survey of nursing homes and assisted living communities in all 50 states and the District of Columbia was conducted by telephone during September 2008 by LifePlans, Inc. for the MetLife Mature Market Institute. The states were divided into three groups according to population—under 3 million, 3 to 10 million, and over 10 million. These groupings were determined using data from the 2000 U.S. Census. The cities/areas surveyed within the states were chosen on the basis of population, and the ability to obtain a reasonably balanced sampling.

In 2008, the survey expanded its scope to provide additional rate information for the “rest of state,” areas outside the Metropolitan Statistical Areas (MSA) that were customarily measured. This addition not only provides market survey information that is more locally relevant, but it also allows for the calculation of statewide averages in states where only MSA data were previously provided. The 2008 assisted living market data also includes groupings of facilities by the number of services, which are included in the monthly base rate. The number of services included in a base rate can vary by facility and can significantly impact overall costs.

LifePlans, Inc., a risk management and consulting firm, provides data analysis and information to the long-term care insurance industry. The firm works with insurers, the federal government, industry groups, and other organizations to conduct research that helps these groups monitor their business, understand industry trends, perform effective advocacy, and modify their strategic direction.

MetLife Mature Market Institute

Established in 1997, the Mature Market Institute (MMI) is MetLife’s center on aging and the 50+ market. MMI’s groundbreaking research, gerontology expertise, national partnerships, and educational materials work to expand the knowledge and choices for those in, approaching, or caring for the mature market.

The Mature Market Institute supports MetLife’s long-standing commitment to identifying emerging issues and innovative solutions for the challenges of life. MetLife, a subsidiary of MetLife, Inc. (NYSE: MET), is celebrating 140 years and is a leading provider of insurance and financial services to individual and institutional

customers.

Copies of the 2008 “*MetLife Market Survey of Nursing Home & Assisted Living Costs*” can be found at www.maturemarketinstitute.com under “*What's New.*” For a hard copy, please email a request to the MetLife Mature Market Institute at maturemarketinstitute@metlife.com or write to: MetLife Mature Market Institute, 57 Greens Farms Road, Westport, CT 06880.

For more information about the MetLife Mature Market Institute, visit: www.maturemarketinstitute.com.

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