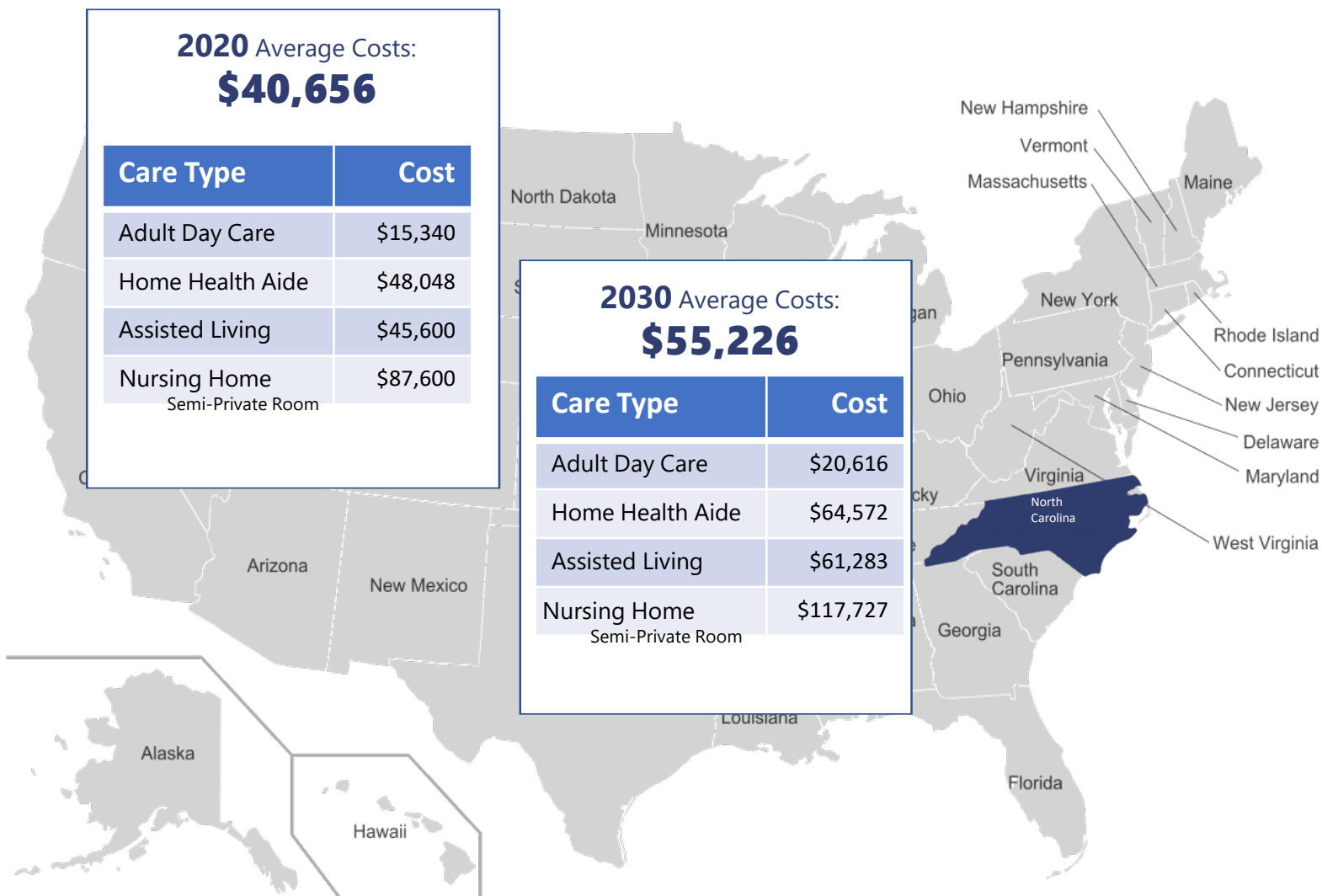


# Long-Term Health Care Costs in North Carolina Today and In Ten Years



Please keep the following in mind:

- Home health care calculations are based on 25.3 hours per week.
- These are estimated counts, they are hypothetical in nature, and are not guaranteed.
- Your actual long-term care costs will likely vary (some significantly) from these estimates.
- Medicare, and other retiree health plans typically will not cover the expense of long-term care.
- The inflation rates assumed are based on publicly available cost of care surveys from 2007-2015. Actual future costs of care will be different from historical cost of care. Assisted Living Facility costs are based on the costs per metro region. Nursing home rates are based on average daily rates multiplied by 365 days per year.



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