



What care costs

Plan accurately for the care you want

Consider these cost factors to help determine the type of care you want and plan more effectively.



The type and level of care offered



The location and region of the country



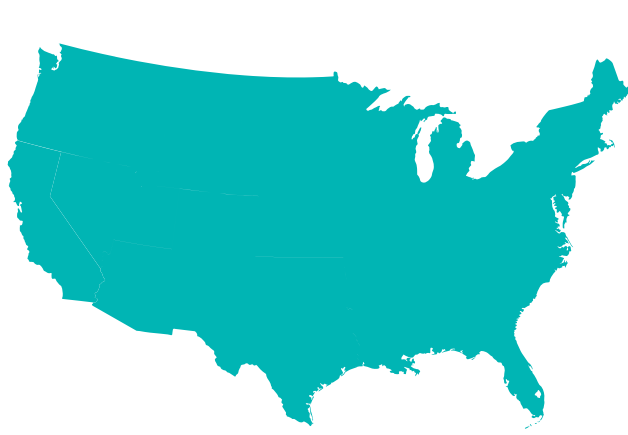
The quality of the care facility

What does care cost to help you remain independent?



Many people would prefer to maintain their quality of life and independence while receiving long-term care assistance. The variety of home health care services available may make it possible to age in place.

Monthly cost for a home health aide¹



\$29.12/hour

National average



\$34.57/hour

Washington

What is the average cost nationally for care in a facility?¹



Assisted living²

(1 bedroom)

VS



Skilled nursing facility²

(Private room)

\$5,278

Monthly

\$9,715

Monthly

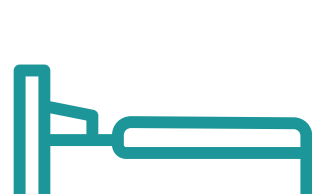
The cost of care differs greatly

Care expenses will vary depending on your geographic location. Higher quality care may cost more than the average.



The cost for a private room in skilled nursing facility^{1,2}

	Miami— Ft. Lauderdale, FL	Phoenix— Mesa, AZ	Atlanta, GA
Metro average	\$12,175	\$9,716	\$6,320
Maximum cost	\$15,208	\$13,688	\$9,186
State average	\$10,902	\$9,255	\$8,106



What is the cost for a one-bedroom apartment in assisted living?^{1,2}



NY/NJ/CT

\$8,071



DC/MD/VA

\$7,247



California

\$6,285

MONTHLY AVERAGE

To learn more, go to
WhatCareCosts.com/Lincoln and enter
code “Lincoln” in the top right corner.

¹ LTCG, “2022 Lincoln Financial Cost of Care Survey,” March 2023, <https://www.whatcarecosts.com/lincoln>. For a printed copy, call 877-ASK-LINCOLN.

² Note that in California this type of facility is licensed as a residential care facility.

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