



How Far Will Your Budget Go?

	Average Monthly Cost ¹	Average Annual Cost ²	\$200,000 Number of Years Covered	\$300,000 Number of Years Covered	\$400,000 Number of Years Covered
Assisted Living Facility 1 Bedroom	\$6,300	\$72,600	2.6	4.0	5.3
Skilled Nursing Facility Private room	\$11,122	\$133,464	1.5	2.2	3.0
Home Care Assistance 20 hours per week	\$3,100	\$37,200	5.4	8.1	10.8
Home Care Assistance 30 hours per week	\$4,600	\$55,200	3.6	5.4	7.2

*Assisted Living Facility fees only reference room & board and do not include additional fees related to dressing/grooming, feeding, bathroom assistance, medications, and respiratory assistance. These fees are often an additional \$2,000-\$4,600/mo. No additional charges are incurred for these services with Home Care Assistance.

Where your Care Dollars Are Really Going

	Average Monthly Cost ¹	Care Giver/ Patient Ratio ²	Personal Care Hours per Day ³	Estimated Cost of Personal Care/ Month ⁴	Estimated Monthly Room/ Board Expense ⁵	Estimated Annual Room/ Board Expense	Average Annual Expense	% of Fees for Room/ Board
Assisted Living Facility 1 Bedroom	\$6,300	1:12	1	\$660	\$5,640	\$67,680	\$75,600	90%
Skilled Nursing Facility Private room	\$11,122	1:12	1	\$870	\$10,252	\$123,024	\$133,464	92%
Home Care Assistance 20 hours per week	\$3,100	1:01	4	\$2,788	\$0	\$0	\$37,200	0%
Home Care Assistance 30 hours per week	\$4,600	1:01	6	\$5,576	\$0	\$0	\$55,200	0%

1 Genworth 2026 Cost of Care NM average used for Assisted Living and Nursing Facility rates.

2 The direct care staff to patient ratios minimum requirement in Assisted Living Facilities in NM is 1:11.

3 Given this average ratio and caregiver 12-hour work shifts, each assisted living resident receives on average 1 hour of personal care each day.

4 With average care cost at \$34 per hour, an Assisted Living Facility patient is paying \$1,020 a month for personal care, receiving 1 hour per day in a 30-day month.

5 After patient care fees, remaining Assisted Living Facility costs are allocated to room and board (i.e., building mortgages and maintenance, etc.).