

The Elder Economic Security Standard™ Index for Washington

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The Elder Index:

- Measures the cost of living for older adults in today's economy who are "aging in place" in their own homes.
- Reflects local experiences in a form that invites comparisons across communities
- Focuses on *economic security*
- Recognizes that *geographic variability* in cost of living is important in assessing security

Assumptions of the Elder Index

Community living

Residential independence

Age 65 plus

Medicare coverage

Absence of paid work

Components of the Elder Index

Housing

Food

Transportation

Health Care

Miscellaneous

As an add-on to the Elder Index:

Home and community-based long-term care

Washington Statewide, 2010

	Elder Person			Elder Couple		
Monthly Costs	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage
Housing	\$460	\$723	\$1,317	\$460	\$723	\$1,317
Food	\$232	\$232	\$232	\$425	\$425	\$425
Transportation	\$217	\$217	\$217	\$339	\$339	\$339
Health Care	\$364	\$364	\$364	\$728	\$728	\$728
Miscellaneous	\$255	\$255	\$255	\$390	\$390	\$390
Elder Index per month	\$1,528	\$1,791	\$2,385	\$2,342	\$2,605	\$3,199
Elder Index per year	\$18,336	\$21,492	\$28,620	\$28,104	\$31,260	\$38,388

Washington Statewide, 2010

	Elder Person			Elder Couple		
Monthly Costs	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage
<i>Housing</i>	\$460	\$723	\$1,317	\$460	\$723	\$1,317
Food	In Washington, the statewide averages for housing costs range from \$460 to \$1,317. These costs do not differ between singles and couples.					
Transportation						
Health Care	\$364	\$364	\$364	\$728	\$728	\$728
Miscellaneous	\$255	\$255	\$255	\$390	\$390	\$390
Elder Index per month	\$1,528	\$1,791	\$2,385	\$2,342	\$2,605	\$3,199
Elder Index per year	\$18,336	\$21,492	\$28,620	\$28,104	\$31,260	\$38,388

Washington Statewide, 2010

Monthly Costs	Elder Person			Elder Couple		
	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage
Housing	\$460	\$723	\$1,317	\$460	\$723	\$1,317
Food	\$232	\$232	\$232	\$425	\$425	\$425
Transportation	\$	Food costs are \$232 for singles and \$425 for couples. The costs do not differ by residential setting. There are economies of scale for couples vs singles, so the costs do not double.				339
Health Care	\$					728
Miscellaneous	\$					390
Elder Index per month	\$1,528	\$1,791	\$2,385	\$2,342	\$2,605	\$3,199
Elder Index per year	\$18,336	\$21,492	\$28,620	\$28,104	\$31,260	\$38,388

Washington Statewide, 2010

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Monthly Costs	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage
Housing	\$460	\$723	\$1,317	\$460	\$723	\$1,317
Food	\$232	\$232	\$232	\$425	\$425	\$425
Transportation	\$217	\$217	\$217	\$339	\$339	\$339
Health Care	\$1,288	\$1,288	\$1,288	\$1,288	\$1,288	\$1,288
Miscellaneous	\$90	\$90	\$90	\$90	\$90	\$90
Elder Index per month	\$1,999	\$1,999	\$1,999	\$1,999	\$1,999	\$1,999
Elder Index per year	\$18,336	\$21,492	\$28,620	\$28,104	\$31,260	\$38,388

Transportation costs average \$217 for singles and \$339 for couples. The costs do not differ by type of residential setting. There are economies of scale for couples vs singles, so the costs do not double.

Washington Statewide, 2010

	Elder Person			Elder Couple		
Monthly Costs	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage
Housing	\$460	\$723	\$1,317	\$460	\$723	\$1,317
Food	\$232	\$232	\$232	\$425	\$425	\$425
Transportation	\$217	\$217	\$217	\$339	\$339	\$339
Health Care	\$364	\$364	\$364	\$728	\$728	\$728
Miscellaneous						\$390
Elder Index per month						\$3,199
Elder Index per year	\$18,336	\$21,492	\$28,620	\$28,104	\$31,260	\$38,388

Health care costs average \$364 for singles and \$728 for couples. The costs do not differ by residential setting. There are no economies of scale for couples vs singles, so the costs double among couples.

Washington Statewide, 2010

Monthly Costs	Elder Person			Elder Couple		
	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage
Housing	\$460	\$723	\$1,317	\$460	\$723	\$1,317
Food	\$232	\$232	\$232	\$425	\$425	\$425
Transportation	\$217	\$217	\$217	\$339	\$339	\$339
Health Care	\$364	\$364	\$364	\$728	\$728	\$728
Miscellaneous	\$255	\$255	\$255	\$390	\$390	\$390
Elder Index per month	Miscellaneous costs are estimated at \$255 for singles and \$390 for couples. The costs do not differ by residential setting.					199
Elder Index per year						\$

Sample Washington Counties

- > King
- > Spokane
- > Thurston
- > Yakima

King County, 2010

	Elder Person			Elder Couple		
Monthly Costs	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage
Housing	\$600	\$876	\$1,617	\$600	\$876	\$1,617
Food	\$232	\$232	\$232	\$425	\$425	\$425
Transportation	\$197	\$197	\$197	\$309	\$309	\$309
Health Care	\$356	\$356	\$356	\$712	\$712	\$712
Miscellaneous	\$277	\$277	\$277	\$409	\$409	\$409
Elder Index per month	\$1,662	\$1,938	\$2,679	\$2,455	\$2,731	\$3,472
Elder Index per year	\$19,944	\$23,256	\$32,148	\$29,460	\$32,772	\$41,664

Spokane County, 2010

	Elder Person			Elder Couple		
Monthly Costs	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage
Housing	\$377	\$526	\$1,078	\$377	\$526	\$1,078
Food	\$232	\$232	\$232	\$425	\$425	\$425
Transportation	\$246	\$246	\$246	\$384	\$384	\$384
Health Care	\$258	\$258	\$258	\$516	\$516	\$516
Miscellaneous	\$223	\$223	\$223	\$340	\$340	\$340
Elder Index per month	\$1,336	\$1,485	\$2,037	\$2,042	\$2,191	\$2,743
Elder Index per year	\$16,032	\$17,820	\$24,444	\$24,504	\$26,292	\$32,916

Thurston County, 2010

	Elder Person			Elder Couple		
Monthly Costs	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage
Housing	\$484	\$684	\$1,179	\$484	\$684	\$1,179
Food	\$232	\$232	\$232	\$425	\$425	\$425
Transportation	\$246	\$246	\$246	\$384	\$384	\$384
Health Care	\$356	\$356	\$356	\$712	\$712	\$712
Miscellaneous	\$264	\$264	\$264	\$401	\$401	\$401
Elder Index per month	\$1,582	\$1,782	\$2,277	\$2,406	\$2,606	\$3,101
Elder Index per year	\$18,984	\$21,384	\$27,324	\$28,872	\$31,272	\$37,212

Yakima County, 2010

	Elder Person			Elder Couple		
Monthly Costs	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage	Owner, no mortgage	Renter, 1 bedroom	Owner with mortgage
Housing	\$363	\$580	\$1,110	\$363	\$580	\$1,110
Food	\$232	\$232	\$232	\$425	\$425	\$425
Transportation	\$230	\$230	\$230	\$360	\$360	\$360
Health Care	\$430	\$430	\$430	\$860	\$860	\$860
Miscellaneous	\$251	\$251	\$251	\$402	\$402	\$402
Elder Index per month	\$1,506	\$1,723	\$2,253	\$2,410	\$2,627	\$3,157
Elder Index per year	\$18,072	\$20,676	\$27,036	\$28,920	\$31,524	\$37,884

Summary of Results

- **Costs are lowest for people who live in their own homes with the mortgage paid off.**
- **Costs are highest for people who are still paying off a mortgage.**
- **For singles, housing is usually the highest cost & health care the second highest cost. However, in many counties, health care is higher than housing costs for homeowners with no mortgage.**
- **For couples, health care is typically the highest cost.**

A few words about Long Term Care

- Our estimates are for home and community-based long term care services
 - Not nursing home care
 - Not settings that combine housing and services such as assisted living
- Costs of home and community-based long-term care services are presented for three service packages along a continuum of care.

Estimated annual costs for LTC in Washington

Level of need:	Cost at private pay rate:
Low (6 hours)	\$8,856
Medium (16 hours)	\$23,504
High with adult day care (36 hours)	\$38,640
High without adult day care (36 hours)	\$48,624

Estimated total costs with LTC: single older renter in Washington

Level of need:	Annual Expense:
None (assuming poor health)	\$23,249
Low	\$32,105
Medium	\$46,753
High with adult day care	\$61,889
High without adult day care	\$71,873

Long Term Care Summary

When needed, home and community based long-term care is usually less costly than nursing home care (\$82,000/year) and is preferred by most people.

However, long term care can increase household costs substantially, nearly tripling living costs for high levels of care.