

# Long-term care costs

In Alberta 2020

## Residential facilities

### How Nursing Homes are organized and administered

Nursing homes in Alberta provide room and board and a range of care services, from personal care with nursing supervision to skilled medical and nursing care. Nursing home fees are set by the government. Admission to a long term care facility (nursing home) is based on an assessment of needs conducted by a Continuing Care Placement Coordinator with Alberta Health Services. To apply for Long Term Care, Alberta residents may call a centralized government authority, Health Link Alberta, at 1-866-408-5465 (LINK) or 811. The staff there will find and refer applicants to their local Continuing Care Placement office where a Placement Coordinator will work with them to find a suitable centre for assessment and admission if required.

Costs	
Type of Accommodation	Monthly rate
Standard (Ward)	\$1, 743.00
Semi-Private	\$1, 834.00
Private	\$2, 120.00

An Income/Asset test does not form part of the assessment by the Alberta Health Services (AHS) for admittance into a nursing home. However, low income seniors may be eligible for financial assistance through the Alberta Seniors Benefit program. The Alberta Seniors Benefit program provides support in addition to the federal benefits received under Old Age Security, Guaranteed Income Supplement, Federal Allowance and the GST credit. It is based on income and provides monthly cash benefits to eligible seniors. The lower a senior's income, the higher the cash benefit will be, up to the maximum amount.

### How retirement homes/residences work – no government subsidy

A retirement home in Alberta is a multi-residence housing facility that provides accommodation and services such as meals and cleaning services for older people. Retirement homes in the province are privately owned and operated and not administered by the provincial government. Each facility usually provides a private or semi-private room or complete living suite and then also provides common living quarters, including a lounge area, a common dining room, recreation rooms, cleaning services, social and/or religious programs and some basic health care services. The unit can be paid for on a monthly fee basis, like an apartment, or can in some instances be bought the same way as a condominium.

Costs	
Room Type	Monthly Rate
Private Rooms	\$995.00 - \$4,500.00
One Bedroom Suites	\$1,360.00 - \$5,800.00

## Home Care

### How Government -subsidized Home Care is organized and administered

Home care is aimed at helping seniors achieve and maintain health, well-being and personal independence in their own homes. Alberta Health Services (AHS) in Alberta are responsible for home care.

Referrals for home care can come from many sources including family members, friends and doctors. Once the referral is made, staff assesses the health needs of the individual and the needs of the caregiver. Home care services include professional health care services as well as personal care services such as bathing, dressing, grooming and light household tasks that help to maintain a safe and supportive home.

An Income/Asset test does not form part of the assessment by AHS. Low income seniors may be eligible for financial assistance through the Alberta Seniors Benefit program. The Alberta Seniors Benefit program provides support in addition to the federal benefits received under Old Age Security, Guaranteed Income Supplement, Federal Allowance and the GST credit. It is based on income and provides monthly cash benefits to eligible seniors. The lower a senior's income, the higher the cash benefit will be, up to the maximum amount.

Costs	
	Maximum Cash Benefit
Single Senior	\$3, 431.04
Married Senior	\$5, 145.96

### Private Home Care - No Government Subsidy

Alberta Health Services (AHS) resources are limited and go to the neediest. As a result, many seniors get inadequate amounts of AHS services and have to rely on private home care services to receive the appropriate amount of care.

### How Adult Day Programs Work

Adult day programs are designed for dependent adults/seniors, physically located in the community, to provide a safe group setting during the day when family members are not available to care for them. These centres are usually open daily, Monday through Friday (some on Saturday as well). They provide a secure, caring and positive setting for those who are experiencing memory loss, communication disorders, social isolation or physical disabilities. Nutritious lunch meals are provided which usually accommodate

any special diet, along with an afternoon snack. Participants need to be mobile, with the possible assistance of a cane, walker or wheelchair. Adult day programs can be public or private, non-profit or for-profit.

Adult day programs in Alberta are managed and operated by and accessed through Community Care Access, and screened through the Alberta Health Services Day Program intake. Seniors pay daily fees to cover part of meals & activities.

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SYKES ASSISTANCE SERVICES CORPORATION is a comprehensive, impartial service that promotes and supports caregiver wellness and wellness for seniors, enabling families to give the best possible care to aging family members, while also taking best care of themselves. SYKES ASSISTANCE SERVICES CORPORATION has researched and prepared this report carefully. To the best of SYKES ASSISTANCE SERVICES CORPORATION's knowledge, all information included is accurate and unbiased. However SYKES ASSISTANCE SERVICES CORPORATION cannot and does not guarantee the accuracy or completeness of the information. SYKES ASSISTANCE SERVICES CORPORATION cannot accept responsibility for any problems that might arise in relation to your choice of services, whether or not your choice was influenced by information in this report.

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Costs	
Type of Service	Provincial Rate (per hour)
In-home meal preparation	\$29.00 - \$39.00
Personal Care (bathing/dressing)	\$29.00 - \$39.00
Skilled Nursing*	\$37.00 - \$70.00
24-hour live-in care	\$29.00 - \$29.75

*Fees listed are for RNs however, these fees may vary depending on the type of nurse, such as a Registered Nurse (RN) or a Licensed Practical Nurse (LPN), delivering the care*

Costs	
	Daily Rate
Includes lunch and snacks	\$10.00