

## State Profile: Maine

State of the States in Family Caregiver Support

<b>Population</b>	<b>ME</b>	<b>US</b>	<b>Source</b>
▪ Total Population ( <i>thousands</i> )	1,362	331,449	2020 Census
▪ Population 65+ ( <i>thousands</i> )	297	55,892	2021 American Community Survey
▪ % 65+	22	17	2020 Census, 2021 American Community Survey
▪ National Ranking 65+	1	N/A	2020 Population Reference Bureau (PBR)
▪ % White 65+	95.4	75.6	2021 American Community Survey
▪ % African American 65+	.4	9.2	2021 American Community Survey
▪ % Hispanic/Latino 65+	.7	9	2021 American Community Survey
▪ % Asian 65+	.7	4.8	2021 American Community Survey
▪ % Native Hawaiian/Pacific Islander 65+	0	.1	2021 American Community Survey
▪ % American Indian/Alaska Native 65+	.2	.5	2021 American Community Survey
▪ % Two or More Races 65+	2.8	6.6	2021 American Community Survey
▪ Population 85+ ( <i>thousands</i> )	29	5,963	2021 American Community Survey
▪ % Population 85+	2.1	1.8	2021 American Community Survey

<b>Socio-Demographics</b>	<b>ME</b>	<b>US</b>	<b>Source</b>
▪ Average Household Size	2.3	2.5	2021 American Community Survey
▪ Average Family Size	2.8	3.2	2021 American Community Survey
▪ % Population in a Rural Area	61.4	19.3	2020 Census State Level Urban and Rural Information
▪ % Households with Persons 65+	35.6	31.3	2021 American Community Survey
▪ % Persons Age 65+ Living Alone	26.7	25.6	2021 American Community Survey
▪ % Households with internet access	90.1	90.3	2021 American Community Survey

<b>Economic Indicators</b>	<b>ME</b>	<b>US</b>	<b>Source</b>
▪ Per Capita Income	38,483	38,332	2021 American Community Survey
▪ Median Household Income	64,767	69,717	2021 American Community Survey
▪ Total State Expenditures Per Capita	8,820	8,037	Kaiser Family Foundation
▪ % Population 65+ Below Poverty	9.2	10.3	2021 American Community Survey and National Council on Aging (US)

<b>Informal Caregivers</b>	<b>ME</b>	<b>US</b>	<b>Source</b>
▪ # of Caregivers ( <i>thousands</i> )	166	38,000	AARP Valuing the Invaluable 2023 Update
▪ # of Caregiving Hours ( <i>millions</i> )	155	36,000	AARP Valuing the Invaluable 2023 Update

Last Updated: August 2023

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▪ Value of Caregiving ( <i>millions</i> )	2,900	600,000	AARP Valuing the Invaluable 2023 Update
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Care Receivers	ME	US	Source
▪ % Population 18-64 years w/Disability	13.1	10.7	2021 American Community Survey
▪ % Population 65+ w/Disability	31.3	32.6	2021 American Community Survey
% 65+ with			
▪ Hearing Difficulty	15.2	13.3	2021 American Community Survey
▪ Vision Loss	4.3	6	2021 American Community Survey
▪ Ambulatory	17.3	20.5	2021 American Community Survey
▪ Self-Care	4.9	7.1	2021 American Community Survey
▪ Cognitive	7.2	7.8	2021 American Community Survey
▪ Independent Living Difficulty	10.2	13.2	2021 American Community Survey

Long Term Care	ME	US	Source
▪ % Medicaid spending on nursing facilities	33	28.3	Kaiser Family Foundation (FY 2021)
▪ % Medicaid spending on Home Health and Personal Care	61.2	64.3	Kaiser Family Foundation (FY 2021)
▪ # of Certified Nursing Facilities	90	15,183	Kaiser Family Foundation (2022)
▪ % of Certified Facilities with Family Groups	14	15	Kaiser Family Foundation (2022)
▪ Average # of Certified Nursing Facility Beds per Facility	71.7	106.4	Kaiser Family Foundation (2022)
▪ % Certified Nursing Facility Occupancy Rate	75	72	Kaiser Family Foundation (2022)
▪ Average Cost Per Day in a Nursing Home (private room)	370	297	Genworth 2021 Cost of Care Survey
▪ Average Assisted Living Monthly Cost	5,865	4,500	Genworth 2021 Cost of Care Survey
▪ Average Daily Cost for Adult Day Care Services	120	78	Genworth 2021 Cost of Care Survey
▪ Average Hourly Cost for Home Health Aide	30	27	Genworth 2021 Cost of Care Survey
▪ Average Hourly Cost for Homemaker Services	30	26	Genworth 2021 Cost of Care Survey
▪ # of Home Health Aides	15,890	3,336,480	US Bureau of Labor Statistics - May 2022 National Occupational Employment and Wage Estimates
▪ Median Hourly Wage Certified Nursing Assistant	17.33	14.57	US Bureau of Labor Statistics - May 2022 National Occupational Employment and Wage Estimates
▪ Median Hourly Wage Personal Care/Home Care Aid	14.28	14.24	US Bureau of Labor Statistics - May 2022 National Occupational Employment and Wage Estimates

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<b>Medicare Prescription Drug Plan</b>	<b>ME</b>	<b>US</b>	<b>Source</b>
▪ # of Organizations Offering PDPs	24	801	Kaiser Family Foundation (2022)
▪ # of Medicare Advantage Drug Plan Contracts	36	2,666	Kaiser Family Foundation (2022)

### **State System of Home and Community-Based Services (HCBS)**

Caregiver Assessment in Medicaid HCBS Waiver Program	No
At Least One State Program with Consumer-Directed Option for Family Caregivers	Yes
Lifespan Respite Grants	No
State Respite Coalitions	No

### **Workplace Benefits for Family Caregivers**

Paid Family Leave	Yes
Unemployment Insurance for Family Caregivers	Yes
Paid Sick Days	Yes
Preemptive Law Prohibiting Local Governments from Establishing the Right to Sick Leave	Yes

### **Statewide Programs, Regulations, and Legislation**

State Alzheimer's Plan	Yes
Number of Delegated Nursing Tasks	9
State Multi-Sector or Master Plan for Aging	Elements of a Plan
CARE (Caregiver Advice, Record, Enable) Act Adopted	Yes