

Long-Term Care Planning

Start Planning Now

The fifth in a six-part Long-Term Care Educational and Planning Program (LTCEPP®) Series



Today, we all are living longer. And most people expect that the worst happens to others. That's just being human.

More and more young, working adults and healthy seniors are addressing long-term care (LTC) planning due to personal experience. How would your family be impacted if a disability, or a chronic or catastrophic illness affected someone of either generation?

It's Time To Start Planning

The reality of needing LTC is something that we face at any age. Most people are surprised to learn that more than 40% of those currently in care are under age 65¹ as a result of stroke, auto and sporting accidents, disabilities, early-onset Alzheimer's, or other critical illnesses.

What Is Your Plan If You Or A Spouse Needed Care?

- How would your life be affected being a caregiver?
- Where would the money come from to pay for outside help?
- With one less income already affecting your ongoing responsibilities, what would have to be cut back? How would your retirement and children's college planning be affected?

47% of working caregivers indicate that an increase in caregiving expenses has caused them to use up all or most of their savings.²

Are You Your Parents' LTC Plan?

The combination of living longer and the coming of age of the baby boomers contributed to an interesting phenomenon. For the first time in the nation's history, the average American couple has more parents living (more than two) than children (fewer than two).³ When these parents require care, who will they turn to?

A recent study reported that more than one-third of adults believe that Medicare, Medicaid, and private health insurance will cover any future extended care costs. None of these programs are intended to cover the cost of long-term custodial care. The study also showed that 63% of Americans are not confident in their ability to pay for long term care if they were to need it today.⁴

Are you prepared for the financial, emotional, and physical impact on your entire family when someone in either generation needs LTC?

Typically, the healthy spouse and/or adult children attempt to provide care themselves in order to preserve income and assets; many times, the burden unfortunately falls to a single, willing child. Such caregiving can be extremely exhausting due to the juggling of work schedules, multiple jobs, parental and other responsibilities, etc. Unintended consequences of ill health, dysfunction, and deteriorating sibling relationships are common.

So please ask yourselves and your parents: What is our plan?

To consult with a Long-Term Care Education and Planning Specialist, please contact Edward Althof, CLU, CEBS, CLTC or Michael Ocilka, CLTC at 814-833-5433, toll free 877-718-9935, or ealthof@LSinsure.com or mocilka@LSinsure.com.

¹ IID 2003

² Evercare Survey of the Economic Downturn and Its Impact on Family Caregiving; National Alliance for Caregiving and Evercare. March 2009

³ Fact Sheet FCS2082, a series of the Dept. of Family, Youth and Community Services, Florida Cooperative Extension Service, Institute of Food & Agricultural Services, Univ. of Florida. Revised July 2005

⁴ Long-Term Care Insurance: A Piece of the Retirement & Estate Planning Puzzle, Prudential Insurance Company of America, 2011