

The Numbers Behind Long-Term Care

The costs of long-term care (LTC) can be more than financial. Stress on family caregivers, the uncertainty of receiving your preferred care setting, the frustration of wading through Medicare and/or Medicaid requirements—all of these can be alleviated through proper longevity planning.

Will you need it?



7 out of 10 Americans will need some type of LTC during their lifetimes.¹

Average length LTC: 3 years

Women: 3.7 years

Men: 2.2 years

Who will care for you?

43.5 million Americans provided unpaid care for an adult 50+ in the past year.²

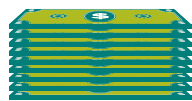


60% of family caregivers still hold a full- or part-time job.³



62% of caregivers say caring for a parent has negatively impacted their own financial futures.⁴

Can you afford it?



\$295,000: Average out-of-pocket medical costs for 65-year-old retired couple, *excluding LTC*.⁵



\$202,000: Average retirement savings of a baby boomer.⁶

Medicare only covers skilled nursing care⁷:

- 0-20 days: full coverage
- 21-100 days: you pay co-insurance each day
- 101+ days: no coverage

Annual costs⁸:

- Private room: \$108,405
- Semi-private room: \$94,900
- Assisted living: \$54,000
- Adult day health care: \$20,280
- Home health aide: \$61,776
- Homemaker services: \$59,488

¹ U.S. Department of Health and Human Services.

² Caregiving.org

³ AARP Public Policy Institute, Long-Term Services and Supports, August 2019.

⁴ AgingCare.com, "Family Caregivers Beat the Burden of High Elder Care Costs," June 2019.

⁵ Fidelity, "How to plan for rising healthcare costs", May 6, 2021.

⁶ Transamerica Center for Retirement Studies, "21st Annual Retirement Survey of Workers," August 2021.

⁷ Medicare.gov, accessed May 2020.

⁸ Genworth, <https://www.genworth.com/aging-and-you/finances/cost-of-care.html>, 2021.