



# Surprising Facts About Long-Term Care

## AMERICAN'S NEEDING LONG-TERM CARE

- Chances are greater than 50% that each of us will require extended care at home or in a nursing home. (*"Helping Hands", Wall Street Journal, 10/22/01, p. R12*)
- Of the 13 million Americans currently receiving long-term care, over 40% are under the age of 65. (*A Guide to Long-Term Care Insurance, HIAA, May 2003*)
- The American population is growing older. By the year 2020, estimates indicate the number of older Americans needing Long-Term Care will reach 12 million. (*A Guide to Long-Term Care Insurance, HIAA, May 2003*)
- Because American women typically outlive men, they face a 50% greater likelihood than men of entering a nursing home after age 65. (*A Guide to Long-Term Care Insurance, HIAA, May 2003*)

## THE COST OF LONG -TERM CARE

- Generally, neither Medicare nor private Medicare supplement insurance nor the health insurance you have either on your own or through your employer will pay for long-term care. (*A Guide to Long-Term Care Insurance, HIAA, May 2003*)
- Due to the high costs of long-term care, researchers say that up to 70% of older LTC recipients still live in their own homes or with families or friends, relying on that network for help. (*Anne Stuart, "The Long-Term Care Puzzle", Harvard Magazine, July-August 2004*)
- The average annual cost nationally for a semi-private room in a nursing home is \$61,685 or \$169 per day for total costs. An eight-hour shift for a home health care aide through a home health agency is not far behind at about \$144 per day. (*The MetLife Market Survey of Nursing Home & Home Care, Costs, Mature Market Institute, September 2004*)
- About one third of all nursing home costs are paid out of pocket by individuals and their families, about 11% is paid by Medicare, for short-term skilled nursing home care following hospitalization, and most of the balance of the nation's long-term care bill – almost half of all nursing home costs – is picked up by Medicaid. (*Centers for Medicare and Medicaid, January 2003*)



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## WHAT'S THE "REAL" COST OF CAREGIVING?

- Caregivers spend, on average, 8 years providing care and about one-third provide care for more than 10 years. (*Arno, P., Economic Value of Informal Caregiving: 2000, Presented at the American Association for Geriatric Psychiatry, February 24, 2002*)
- 15% of those caring for someone identified a worsening of their own health and 35% reported emotional stress and strain. (*Caregiving in the U.S., National Alliance for Caregiving and AARP, April 2004*)
- Most caregivers currently work while providing care, and more than half reported these simultaneous roles have affected their work by causing them to go in late, leave early, or take time off to provide care. (*Caregiving in the U.S., National Alliance for Caregiving and AARP, April 2004*)
- The American female today is projected to spend more years taking care of aging family members than her own children. (*Shelton, Phyllis. Long-Term Care: Your Financial Planning Guide. New York: Kensington, 2001*)
- More than 22 million households are providing unpaid care for an adult friend or relative. (*Caregiving in the U.S., National Alliance for Caregiving and AARP, April 2004*)
- The average Caregiver loses an aggregate amount of \$566,000 in wages, \$25,000 in Social Security, and \$67,000 in pension contributions. (*"Boomer Wake-Up Call: Balancing Work and Caregiving and the Cost Involved", Journal of Financial Services Professionals, March 2000*)