

IT'S YOUR MONEY!

Week 5: *Long Term Care*



LTC - WHAT IS IT?

Long Term Care is the inability to perform the activities of daily living to completion of the task without the assistance of another individual

ACTIVITIES OF DAILY LIVING

- *Bathing*
- *Toileting*
- *Continence*
- *Transferring*
- *Eating*
- *Impairment of Cognitive Ability*
- *Ambulate*

The following breakdown is taken from

LongTermCare.gov

You can visit their website for more details as they relate to Long Term Care [Understanding](#), [Planning](#) and [Paying](#)

UNDERSTANDING

Need for Long Term Care

- How much care will you need?

Services and Providers

- Caregivers: family, friends or professional

Paying for Services

- Long Term Care is expensive!

Finding Services

- [Eldercare Locator](#)
- [ILRU](#) (Independent Living Research Utilization)

PLANNING

The Importance of Planning

- Will you need LTC?
- How much care will you need?

Planning Considerations

- Personal factors
- Housing considerations

Planning Steps

- Personal planning
- Financial planning



PAYING

Cost of Care

- What does care cost where you live?
- Who pays for LTC services?

Public Programs

- Medicare
- Medicaid

Private Financing

- LTC Insurance
- Saving for LTC

RESOURCES