



Will the Myths of Long Term Care Leave you Unprotected?

*Long-term care is a subject that people don't like to think about. A lot of myths exist - myths like "long-term care means going to a nursing home." It helps to be educated on what long-term care really means to **you**. And learning what the reality is can help you make the right decision for yourself.*

Myth 1. Long-term care will be paid for by health insurance, Medicare or Medicaid.

Reality

- Health insurance only pays for people who are going to get better. Medicare only pays a maximum of 100 days coverage after a 3 consecutive day stay in a nursing home, and only the first 20 days are free. Medicaid is for the impoverished, which means assets have to be less than \$2,000.

Myth 2. Most people who need long-term care go to a nursing home.

Reality

- Most long-term care is given outside a nursing home. Statistics show 73% of people who need long-term care live and are able to receive care at home or are in community service settings (assisted living, adult day care, etc).¹

Myth 3. My parents and grand parents did not need long-term care, so neither will I.

Reality

- There is a 50% chance you will need some type of long-term care.² If you live to the age of 65, there is a 70% chance you will need long-term care.³

Myth 4. My spouse and I can just take care of each other.

Reality

- Women who live past age 65 have a 50% greater chance of entering a nursing home than a man.¹
- Women need care longer (on average 3.5 years) than do men (on average 2.2 years).⁴
- On average, women live 5 years longer than a man.¹

Myth 5. Long-term care is for old people.

Reality

- Approximately 40% of individuals who require long-term care are between the ages of 18 and 64.⁴

Myth 6. I'll just pay for long-term care out of savings.

Reality

- The average stay in a nursing home is 2.5 years, and the average time in care outside a nursing home is 4.5 years.⁵
- The average annual cost of a private room in a nursing home is \$87,235 and a semi-private room is \$78,110. Assisted Living averages \$41,724 per year. Specialized home health care averages a cost of \$21 per hour.⁶

¹The 2011 Sourcebook for Long-term Care Insurance Information - American Association for Long-Term Care Insurance 2011

²What are the Chances of Needing Long Term Care?" June 2010

³2011 Medicare Handbook (www.medicare.gov)

⁴U.S. Dept. of Health & Human Services, National Underwriter Life and Health - "Riding the Life Extension Wave", Nov. 11, 2011

⁵"What is Long-Term Care? The Misunderstood Health Care", www.GuideToLongTermCare.com (2010)

⁶Mature Market Institute, Market Survey of Long Term Care Costs, October 2011



Nationwide Marathon Indexed UL Protector II
Nationwide Life and Annuity Insurance Company, Columbus, Ohio

Do The Math! Here are the current national average costs of long-term care:

Nursing Home Care averages 2.5 years	X	Average Annual Nursing Home Cost \$87,235 (private room)	=	\$218,087
Assisted Living averages 4.5 years	X	Average Annual Assisted Living Cost \$41,724	=	\$187,758
Home Health Care averages 4.5 years	X	Average Annual Home Health Care Cost of \$21 per hour X 40 hours per week = \$43,680	=	\$196,560

Is this an expense you can afford to handle on your own?