

A photograph of an elderly couple sitting on a wooden park bench, viewed from behind. They are looking out over a body of water, possibly a lake or pond, surrounded by trees with vibrant yellow and orange autumn foliage. The scene is peaceful and scenic, with soft lighting suggesting late afternoon or early morning.

Protect Your Future

A Helpful Guide To Long-Term Care Insurance



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Should a serious illness, accident, or injury cause you to need assistance with your daily activities, or should you have a severe cognitive impairment, a plan can help you in receiving the care you want — in the setting you choose. It can also help protect your assets, retirement funds, and your estate from being depleted to provide care. Since your health and age play major roles in securing Long-Term Care coverage, it is important to begin planning today.

As an independent insurance agency, Emmanuel Insurance represents several top-rated insurance companies which allows us to find coverage that fits your needs and budget.

Approximately 70% of people turning 65 will need some form of long-term care services, including assistance with getting dressed, driving to appointments, or making meals*.

But it is important to remember not all people in need of assistance are over 65 - approximately 37% of those who require assistance are younger than 65. Now is the time to make sure you are covered so you are able to maintain your quality of life as you age or in the event of illness or disability.



What is Long-Term Care?

Long-term care is a variety of in-home and facility supports to help meet personal care needs over an extended period of time. Long-term care may involve non-skilled personal care assistance, such as help performing everyday Activities of Daily Living (ADLs), which are: bathing, dressing, using the bathroom, transferring (to or from bed or chair), caring for incontinence, and eating. These important services may help you maximize your independence and ability to function at a time when you are unable to be fully independent.

*U.S. Department of Health and Human Services - <https://acl.gov/ltc>



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What are some things I should consider regarding Long-Term Care coverage?

Although this list is not exhaustive, it provides some insight into considerations for Long-Term Care insurance options:

Health Coverage and Medicare: Employer health care does not pay for long-term care expenses. Medicare will pay for home care during a limited timeframe or a short duration nursing home stay (both under stringent guidelines). Medicaid can also be accessed but only after assets have been depleted to a certain level (\$2000 or less) and care may be limited to a nursing home. As a result, many people choose to purchase long-term care insurance to help cover the costs of LTC services should they be needed.

Coverage Options: There are various LTC insurance options available, and depending on the policy you select, this insurance can help you pay for various care options you may need in future years. Be sure to understand whether the facilities and services you think you may want (in the location where you live) are covered. There may also be hybrid policies available (for example, offering options to draw from a whole life policy to cover long-term care expenses, and providing remaining funds to your heirs).

Other Factors to Consider in Selecting Coverage: You will need to evaluate current/anticipated support systems, age and health, premium costs, current/anticipated income, financial planning, savings and investments, and taxes, among other factors. When selecting a policy, it is important to understand qualifying benefits 'triggers', i.e., loss of ADLs (activities of daily living), coverage exclusions, elimination periods, limits, etc.



What are services that are typically covered?

Certain criteria may need to be met for eligible providers (depending on policy options selected), and insurance may cover some or all of the following LTC services/options:

- Assisted Living
- Nursing Home
- Home Care
- Home Modifications
- Adult Day Care
- New/Alternative Options
- Coordination of Care

Emmanuel Insurance Can Help

You have questions – we have answers! Contact a specialist at Emmanuel Insurance today with questions about Long-Term Care coverage or for a free insurance review.



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