



Senior Care Management, Inc.
& Care Consultants

Paying For Long Term Care “Planning Now For Peace of Mind Later”

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Austin - Corpus Christi - Rio Grande Valley

Disclaimer

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The number of Americans ages 65 and older will more than double over the next 40 years, reaching 80 million in 2040. The number of adults ages 85 and older, the group most often needing help with basic personal care, will nearly quadruple between 2000 and 2040. Source: U.S. Census Bureau

Many have not planned for the future of their long term care

Will you need long term care?



Statistically 70% of people over the age of 65

Translates to 7 out of 10 people will require long term care

Source: U.S. Department of Health and Human Services, December 31, 2016

Support Services Costs

Category	Year Over Year Increase ¹	Hourly ²	Daily	Monthly	Annually	5-year Compound Annual Growth Rate ¹¹
Homemaker Services	4.44%	\$23.50	\$147 ³	\$4,481 ⁶	\$53,768 ⁷	3.80%
Home Health Aide	4.35%	\$24.00	\$150 ³	\$4,576 ⁶	\$54,912 ⁷	3.71%
Adult Day Health Care	-1.33%	N/A	\$74 ⁴	\$1,603 ⁶	\$19,240 ⁸	1.45%
Assisted Living Facility*	6.15%	N/A	\$141 ³	\$4,300 ⁵	\$51,600 ⁹	3.62%
Nursing Home - Semi Private Room	3.24%	N/A	\$255 ⁴	\$7,756 ⁶	\$93,075 ¹⁰	3.00%
Nursing Home - Private Room	3.57%	N/A	\$290 ⁴	\$8,820 ⁶	\$105,850 ¹⁰	3.01%

Assisted Living Facility

Private, One Bedroom

\$4,250

\$4,509

As reported, monthly rate, private, one bedroom.

Nursing Home Care

Semi-Private Room

\$5,201

\$5,518

Private Room

\$7,057

\$7,487

Based on annual rate divided by 12 months.

Homemaker Health Aide

\$4,576

\$4,855

Based on annual rate divided by 12 months (assumes 44 hours per week).

Cost of Care

Austin Texas
2020-2022



Why Cost of Care is Increasing

Factors contributing to rate increases

- Labor Shortages
- Personal Protective Equipment (PPE) costs
- Regulatory changes (including updated CDC guidelines)
- Employee recruitment and retention challenges
- Wage pressures
- Supply and demand

— Resource: www.genworth.com



What is Long Term Care

Long-term care involves a variety of services designed to meet a person's health or personal care needs during a short or long period of time. These services help people live as independently and safely as possible when they can no longer perform everyday activities on their own.



Where Can You Receive Care

HOME

ADULT or 55 + Community

ASSISTED LIVING

ADULT DAY CENTER

CCRC

MEMORY CARE

NURSING HOME



HOW WILL YOU PAY FOR LONG TERM CARE?

- OUT OF POCKET
- GOVERNMENT PROGRAMS
- LONG TERM CARE INSURANCE
- VA LONG TERM CARE SERVICES



Paying for Long Term Care *Out-of-Pocket*

Personal Savings
Pension
Retirement 401K

- *More freedom to choose care*
- *How long will it last*
- *What happens if you run out*



Out-of-Pocket

Reverse Mortgage allows for one to borrow against your home equity

- Live at home for as long as you are able to
- No mortgage payments to make
- Loan is repaid when home is vacated

Do your homework

Consult with a professional

REVERSE MORTGAGE LOAN

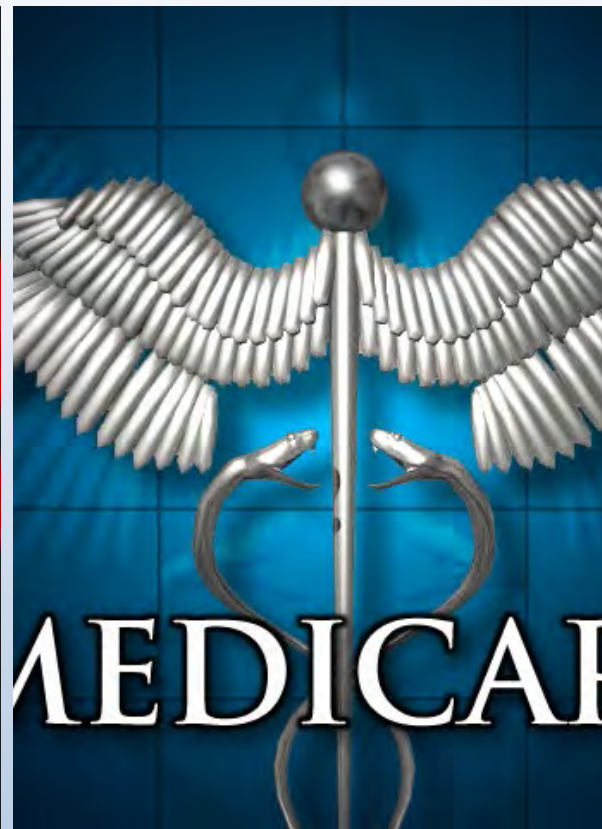


Out-of-Pocket

- Life Insurance Policies for Long-Term Care
- Annuity
- Trust

CONSULT WITH A REPUTABLE
PROFESSIONAL





GOVERNMENT PROGRAMS

MEDICARE



- Pays costs only after 3 day hospitalization (3 midnights)
- Pays full cost of skilled nursing costs in nursing home or skilled nursing facility (SNF) day 1-20
- Pays partially day 21-100 (co-insurance) is \$148.50
- Pays nothing after day 100
- Does not pay for personal or custodial care
- Home Health benefits are limited



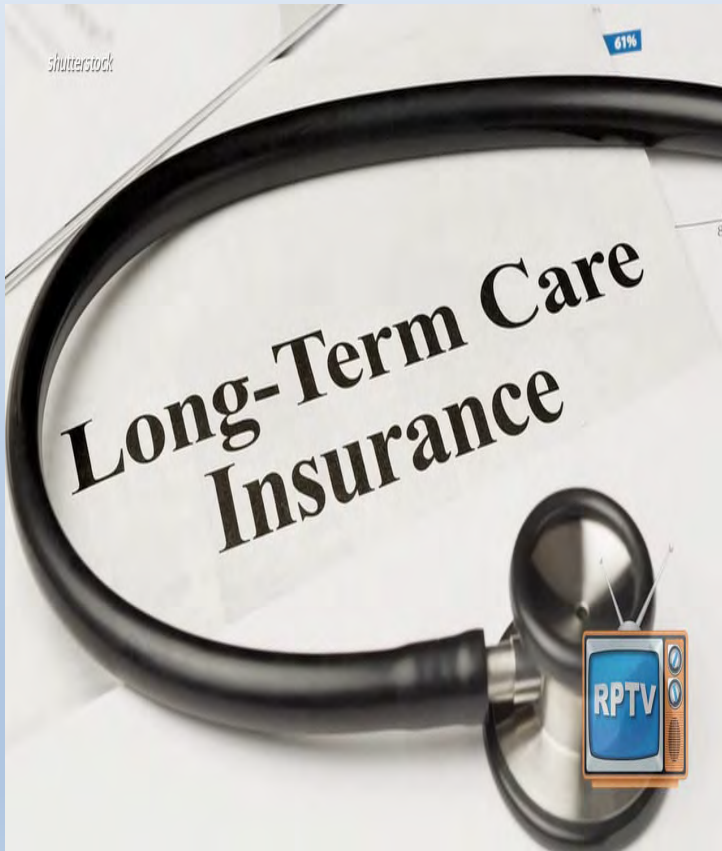


MEDICAID PROGRAM

- *Largest public payer of long-term care services*
- *Medicaid is means based*
- *Medicaid limits where you can receive care*

CONSULT WITH A PROFESSIONAL, DO YOUR RESEARCH,

LONG TERM CARE INSURANCE



- Pays benefits when you need extended care
- Freedom to choose care
- Elimination period
- Understand how to initiate claim
- Location of care, benefit period, amount of benefit
- Can help preserve assets
- Shop and compare policies
- Seek out a professional

VETERANS AID AND ATTENDANCE

- ***General Requirements for VA Pension***
- ***What is Aid and Attendance***
- ***Who is eligible for VA Aid and Attendance***
- ***Application Process***
- ***Reimbursement***



Strategizing for your Long Term Care

- Your financial Health
- Your physical health
- What are your options
- What do you want your care to look like
- Is family in close proximity and willing to help
- Consult with professional team. Attorney, Financial Planner, Certified Care Manager (Licensed LMSW, RN), Trust Officer
- Designate you Power of Attorneys and Advanced Directives



WHY BEGIN PLANNING TODAY



What are you doing or not doing today to discuss finances and identify resources for your long term care?

While you are healthy enough to take advantage of all options

To relieve your family of the burden of making decision for your healthcare

While you have time to explore services and costs in your area

While you are able to assess your finances

While you have control

RESOURCES

<https://www.medicare.gov/care-compare/>

<https://www.benefits.gov/>

www.ageofcentraltx.org

**Thrive Centers, Support Groups, Online activities and resource,
equipment lending**

NAELA

National Association of Elder Law Attorneys

www.naela.org

Area Agency on Aging

<https://www.capcog.org/divisions/area-agency-on-aging/>

Veterans Benefit Information

www.va.gov

www.aginglifecare.org

**Certified Care Mangers-Social Worker's and RN's
providing care management and oversight**

QUESTIONS



CONTACT INFORMATION

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A decorative graphic consisting of approximately 15 circles of various colors (orange, green, purple, red, teal) arranged in a loose circular pattern around the central text.

Thank you

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