



## Long Term Care



### For the Unexpected

Record numbers of people are living well into their 80s, 90s...and even past the age of 100. That translates into more time to do the things you want to do, to spend time with the people you love. It also poses new challenges.

In aging, you change in some familiar ways — and some ways that might be completely unexpected. In your 60s and 70s, tasks and activities that you once performed routinely or with ease might become increasingly difficult. And, over time, you may need more and more assistance with such activities. You might also experience a sudden, acute need for such help after a debilitating illness — such as stroke.

Everyone is potentially at risk. A 2008 study<sup>1</sup> found that 69% of people turning 65 years of age will need some long-term care before they die. Women are at a higher risk than men with 79% of women turning 65 years of age needing some long-term care and 58% of men turning 65 needing some long-term care. Among those turning 65 years of age, 44% will need less than one year; 30% will need 3-5 years; 12% will need five or more years. On average, private nursing home care can cost upwards of \$79,935 per year.<sup>2</sup> You may be able to manage with at-home nursing care. Yet this option, too, can be quite expensive: such services can cost over \$61,320 per year in the U.S.<sup>3</sup> for eight hours of service, 365 days a year. These figures can be expected to increase over time. Forty percent of people receiving long-term care services are adults between the ages of 18 and 64.<sup>4</sup>

Your field agent can provide solutions to help ease these costs. Contact him today to learn more about our Knights of Columbus long-term care products.

<sup>1</sup> U.S. Department of Health & Human Services National Clearinghouse for LTC Information, 10/22/2008.

<sup>2</sup> Ibid.

<sup>3</sup> Ibid.

<sup>4</sup> Ibid.