

# 5 Questions about Long-Term Care



## 1 What is long-term care?

The ongoing services and support needed by people who have chronic health conditions or disabilities. There are three levels:

- Skilled care: Generally round-the-clock care by professional health care providers.
- Intermediate care: Less frequent care provided by professional providers.
- Custodial care: Personal care providing assistance with “activities of daily living” such as bathing, eating, and dressing.

## Why is it important to plan for long-term care?

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1. The odds of needing long-term care are high.

2. The cost of long-term care can be expensive.

## 3 Doesn't Medicare pay for long-term care?

Medicare provides only short-term, limited coverage for long-term care services such as skilled nursing care or physical therapy. It does not cover custodial care which is the type of care older individuals most often need.

## Can't I pay for care out of pocket?

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The major advantage to using income, savings, investments, and assets (such as your home) to pay for long-term care is that you have the most control over where and how you receive care.

## 5 Should I buy long-term care insurance?

Long-term care insurance protects you against depleting your assets and ensures that you'll have access to a greater range of care options.