

Your local senior living advisor™

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Surviving Aging

- **▶** The Family Conversation
 - ► Elder Care at Work
 - **▶** Options for Care
 - **▶** Cost of Care
 - **▶** Paying for Care



Born in 1900 = life expectancy was 47.

Born in 2013 = life expectancy is 81.



Unfortunately, 78% of people over age 65 have at least two chronic conditions.



What this tells us is we don't age the same way our relatives did before us. We live longer, sicker and with that comes higher health care expenses and the need to save more for care.

7 out of 10 people will need long-term care.



If you haven't had the conversation with your children, spouse or person who may care for you or who you may take care of, have the conversation NOW.



The Sandwich Generation

(the adult children with children)

Family structures are different

52% of family caregivers feel unqualified

70% miss time from work

63% use retirement savings to pay for parent's Long Term Care costs

More statistics: https://www.caregiver.org/caregiver-statistics-demographics



When Are You or Loved One Ready for Assisted Living?

* Need help with your Activities of Daily Living

(grooming, dressing, toileting, eating, bathing, mobility)

* Need help with your Instrumental Activities of Daily Living

(managing finances, shopping, cooking, managing meds, laundry, housekeeping)

* Declining health

* Reclusiveness, depression, anxiety, poor nutrition, poor hygiene



Options for Care

Adult Child Moves In With Loved One
OR

Loved One Moves in With Adult Child



Options For Care

Home Care

Someone comes into the home to perform nonmedical services. Not covered by medical insurance.



Options for Care

Community Care: Independent Living, Assisted Living, Memory Care

Resort-style living
Relief from time-consuming chores
Chef prepared meals
Engaging Enrichment Programs
Housekeeping/Laundry
Safety
Medicine Management
Activities/Outings/Social Engagements



Options for Care

Group Home

Higher levels of care
Housekeeping/Laundry
Safety
Medicine Management
All necessary care services
Private/semi-private room/bathroom



Group Home vs Community

Group Home

- * Between 5 10 residents
- * Best for people who need a high level of care
- * Private and shared rooms/some private baths
- * Most are all inclusive
- * Low level of activities in lieu of higher skilled care.





Group Home











Group Home









Group Home vs Community

Community

- * Between 20 to 300 residents
- * Best for people who can age in place and perform some ADL's
- * Private and shared rooms
- * Base rent plus cost of care
- * High level of activities
- * Opportunity for social interaction

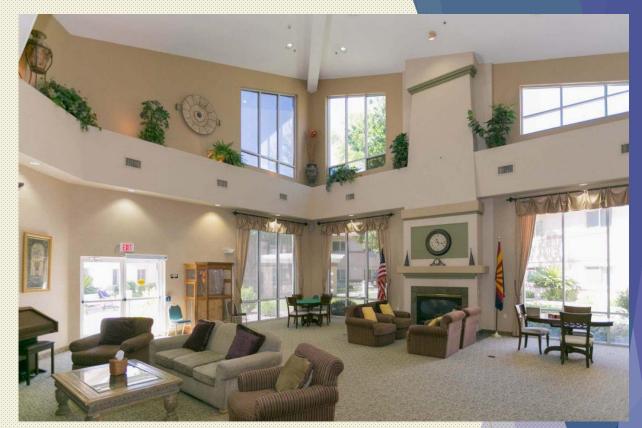




Community









Not Yesterday's Nursing Home













Cost of Care

Home Care
Arizona Average
\$18,000 per month
(24 Hour Care)

Community Care
Arizona Average
\$3,500 - \$4,500 per month

(Assisted Living with added care)



Cost of Care

Group Home

\$3,000 shared room to \$8,000 private room

(depends on level of care)



Pay For Care

Own Financial Means Family Financial Help **Veterans Administration** Long Term Care Insurance Reverse Mortgage Access Life Insurance Equity Rent a Property(s)



Pay for Care

Bridge Loan Sell the Family Home Sell Another a Property(s) **Nuclear Program** German Government Family Provides Physical Care Medicaid (ALTCS) Medicare



Why Use a Local Placement Agent?

- * They know the market very well.
- * They provide in-depth knowledge.
 - * They take you to see places.
 - * They are no cost to the client.



Plan vs Crisis

If you plan for your long-term care, you get plenty of choices.

If you're in a crisis, you have few to none.



About Jay and Melissa

Melissa

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Jay

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QUESTIONS?

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