

## **Short Term Home Health Care (\$49/month for a couple) or Long-Term Care (\$225/month for a couple)?**

Living longer today means planning for a longer retirement. That sounds good, but a longer retirement increases the odds of needing long-term care.

Living longer also increases the odds of going it alone, as living longer may mean outliving a spouse. In 2018 women comprised 74% of solo households age 80 and over.

### **Ability to pay**

Long-term care is costly. The average private room at a long-term care facility is over \$13K a month in Connecticut, according to Genworth's Cost of Care Survey. Florida is a little cheaper where a private room is about \$11K a month.



Insurance for long term care, it is often considered unaffordable. For a couple where both spouses are age 55 who qualify for preferred health and spousal discounts cost is \$225/month (that's the combined rate for both). That's for a base plan of protection of about \$165,000 in current benefits for each. At \$12K/month, that's 14 months' coverage.

### **Medicare and Medicaid**

Government programs such as Medicare and Medicaid are tricky. Medicare may cover some long-term care expenses, but **only for the first 100 days**. Medicare does not pay for custodial care – at home long-term care. Medicaid pays for long-term care, but you must qualify financially. Also, most long-term care facilities only have a set number of Medicaid beds available.

### **Keep the cost down, by paying for care at home**

Home health care is about \$5K a month in Naples, Fla. (Genworth 2020 figures). Multiply these numbers by 1.44 years – the average duration of care for women, according to the study – and these numbers can get big fast. But there is an affordable solution – Short Term Home Health Care insurance.

For a 65-year-old couple it would cost \$49.08/month for a plan that would provide \$4,500 a month in benefits for up to 12 months. And truth be told, most people would prefer to have assistance in their home rather than in a nursing home.

**More information? Call me at 844-397-0606**