

# Planning For Your Future

## Protecting A Lifetime Of Savings

(NAPSA)—More and more Americans are recognizing the need to save for retirement. Few, however, are aware of the need to protect their retirement savings against the steadily growing costs of long-term care. A lifetime of retirement savings can be wiped out by an unexpected need for nursing home, assisted living or at-home care.

This happens more often than many expect—about one in five Americans over age 65 and almost half of those over 85 need assistance with everyday activities. The cost for long-term care services—both nursing home stays and care at home—can be high. Today, a one-year stay in a nursing home can cost between \$50,000 and \$60,000; by 2030, the same stay will cost an estimated \$190,000.

Most Americans cannot save enough to cover these high costs on their own. In addition, health insurance plans generally do not pay for long-term care services. Nor does Medicare, which only provides skilled nursing-home care for a short time following hospitalization. Fortunately, long-term care insurance can cover the costs of long-term care services and protect lifetime savings.

Long-term care insurance covers a range of services that help people live at home or receive care outside the home. Services range from assistance with daily living



**A long-term care insurance policy can help protect a lifetime of savings.**

activities—bathing, eating, using the bathroom, moving from place to place, and dressing—to 24-hour skilled nursing care. Services can be provided at home; in a nursing home or community-based care facility, such as adult day care; or in an assisted living setting.

Policies may include reimbursement for respite care (temporary care to help relieve the primary caregiver), medical equipment, care coordination services and even home modifications. Some policies pay family caregivers, and some pay for services such as assisted living.

You can learn more about long-term care insurance and how it can help you from your life insurance agent, or by visiting the American Council of Life Insurers Web site at [www.acli.com](http://www.acli.com).