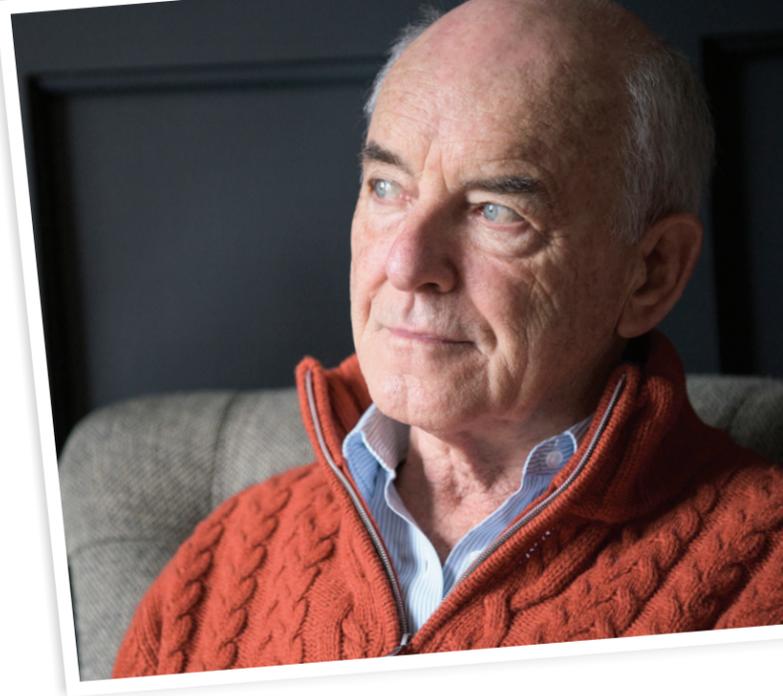


Facts About Long-Term Care

Long-term care can take many different forms, from in-home assistance to moving into a residential facility. Here are some facts and statistics to help you understand why having a plan now — and one that doesn't necessarily rely on your family and friends — is important to ensure you get to live the rest of your life how you want.



Who Will Need Long-Term Care?

70%

of adults over the age of 65 will need **long-term care**¹



Women typically need long-term care for an average of **3.7 years**, while men only need it on average for **2.2 years**²

69%

of adults **over the age of 90** have some type of disability that requires long-term care²

How Much Long-Term Care Will I Need?

3 Years

is the **average length** of long-term care someone needs²

65%

of people will experience long-term care at home, lasting **2 years on average**²

37%

of people will experience long-term care in some type of facility lasting **1 year on average**²

How Much Will Long-Term Care Cost?

In the Pittsburgh region, you could be paying **this amount annually**...

YEAR	2020	2030*
In-Home Care	\$54,203	\$72,844
Adult Day Care	\$16,336	\$21,954
Assisted Living Facility	\$40,355	\$54,234
Nursing Home Private Room	\$134,590	\$180,878

*Adjusted with an annual inflation rate of 3%

¹ SOURCE: Nationwide Retirement Institute

² SOURCE: LongTermCare.Gov ³ SOURCE: Genworth

The Caregiving Burden

You may be thinking, “I won’t have to worry about that, my family will take care of me.” You might want to reconsider that when thinking about **these caregiving statistics.**

72%

of parents **expect their children** to become their long-term caregivers

40%

of those children **had no idea** they were chosen for that role⁴

80%

of in-home care is provided by family and friend **unpaid caregivers**²



Caregivers spend an average of **24.4 hours per week** providing care. However, **1 in 4 caregivers** spend over **41 hours per week** providing care⁶



Family and friend caregivers get **23 minutes less sleep** than non-caregivers. **31% of caregivers neglect going to a doctor** when they are sick or injured⁶



Family and friend caregivers spend **80 minutes fewer per day** on paid work. **32% of family and friend caregivers** have had to leave their job because of their caregiving demands⁶



Nearly **60% of caregivers** show clinical signs of depression, which is more than **six times** the rate of the general population⁷

² SOURCE: LongTermCare.Go ⁴ SOURCE: Fidelity ⁵ SOURCE: National Alliance for Caregiving
⁶ SOURCE: AARP ⁷ SOURCE: Family Caregiver Alliance

No matter what problems you may encounter as you age in the home you love, there are likely solutions available. With a program like Envisage, you won't be alone in your search for solutions. Your personal wellness and care coordinator can do all of the research for you, and coordinate any services you may need so that you can stay in your home without a second thought.

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