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Understanding Long Term Care

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Types of Long-Term Care

What is long-term care?

In general, long-term care refers to a broad range of medical and personal services designed to assist individuals who have lost their ability to function independently. The need for this ongoing care arises when you have a chronic disability or when physical/mental impairments prevent you from performing certain basic activities, such as feeding, bathing, dressing, transferring, and toileting. For details about these activities of daily living, see Long-term Care Insurance (LTCI).

What are the three levels of long-term care?

Because some long-term care insurance policies will subsidize only certain forms of long-term care, it is important to understand the accepted terminology. Long-term care may be divided into three levels:

- Skilled care--continuous "around-the-clock" care designed to treat a medical condition. This care is ordered by a physician and performed by skilled medical personnel, such as registered nurses or professional therapists. A treatment plan is established.
- Intermediate care--intermittent nursing and rehabilitative care provided by registered nurses, licensed practical nurses, and nurse's aides under the supervision of a physician.
- Custodial care--care designed to assist one perform the activities of daily living (such as bathing, eating, and dressing). It can be provided by someone without professional medical skills but is supervised by a physician.

Tip: Note that the above terms may be defined differently by Medicare. For more information, see Medicare.

Where is long-term care provided?

Although long-term care can be provided in a number of places, long-term care insurance policies sometimes limit the facilities where you can choose to receive long-term care. Most long-term care is provided in the following venues:

Nursing homes

Although some homes for the aged provide custodial care primarily, many nursing homes can provide skilled care, intermediate care, and custodial care. When a patient no longer needs skilled care, for instance, he or she can be transferred to an intermediate or custodial section within the same facility. Nursing homes provide 24-hour care and can usually offer a great range of care, including intravenous therapy and physical therapy. For information about evaluating nursing homes, see [Choosing a Nursing Home](#). For information about continuing care retirement communities (CCRCs) and similar housing options, see [Housing Options for Older Individuals](#).

Home health care

Home health care makes particular sense when you're recovering from an injury or illness and don't need 24-hour care. It also makes sense when the type of care you require is custodial. Home health care is most often provided by a visiting nurse, a therapist, or a home health aide. Often, several visits to your home are made each week to provide you with the appropriate care. This care ranges widely and can include respiratory therapy, cleaning and bandaging of wounds, monitoring health, and assistance with bathing and dressing. For more information, see [When You Need Help: In-Home Care Options for Older Individuals](#).

Adult day care

Adult day-care centers provide care in a group setting for aged or disabled people who live at home. Such people may need help with the basic activities of daily living or perhaps have a slight mental impairment. Often, these people live with a relative who works and cannot take care of them during the day. Adult day-care centers usually provide an elderly person with social interaction, therapeutic activities, preventive health services, and nutritional meals.

Hospice care

A hospice is a place that provides comfort and care for terminally ill patients. This type of care may be provided in a special facility or perhaps at home.

Respite care

Respite care provides some time off for the caregiver (usually a relative) who regularly provides care for an elderly or disabled person. It can be offered in a nursing home (by way of a temporary confinement of the elderly person) or at home through the services of a home health aide.

For information about the cost of long-term care, see Long-term Care Insurance (LTCI).

How to Pay for Nursing Home Care

What is it?

Paying for nursing home care is a burden that most Americans bear, whether directly or indirectly. Even if you never need nursing home care yourself, you are already paying for the nursing home care of others by paying income taxes that, in part, finance Medicaid and veterans' benefits. In addition, you are probably paying Social Security or self-employment taxes that help pay the cost of skilled nursing home care provided through Medicare. Although your own nursing home care may someday be financed by one of these government programs, you may find yourself struggling to pay the high cost on your own if you are not poor enough to qualify for Medicaid or if you need custodial rather than skilled nursing care. In general, there are three ways you can finance nursing home care: pay for it from your own savings (self-insure), buy long-term care (LTC) insurance, or use government benefits.

Ways to pay for nursing home care

Self-insure

You may be able to afford to pay for nursing home care by using your own savings. To determine this, consider how much monthly income you will have after you retire. You may be able to liquidate some investments or sell your house to come up with additional funds if you need to. You might also be able to borrow against your cash value life insurance policy. (Note, though, that the death benefit available to your survivors will be reduced.) If you are seriously ill, and the policy permits, you can take accelerated benefits from the policy. However, when you determine how much retirement income you will have and how much your nursing home costs will be, don't forget to account for price increases and inflation. Consider also what will happen if your money runs out. Will you be able to qualify for Medicaid, or will you have to rely on your children for help?

Tip: If you plan on self-insuring, it would be wise to consult a financial professional well in advance of retirement, due to the complexity of self-insuring and the numerous estate planning and taxation issues involved.

Buy LTC insurance

LTC insurance pays for the cost of nursing home (or sometimes in-home) custodial care. It pays a fixed dollar amount of benefits per day to cover nursing home care, so it may not pay the total cost of nursing home care. LTC insurance is expensive, but the premium you pay depends upon at what age you buy the policy. The premium is fixed as of the date of purchase and only goes up if the insurance company raises its overall rates. Your premium is also affected by the elimination period you choose. (The elimination period is the time between when care begins and when the insurance company starts paying benefits.) Some policies give lifetime coverage, while others only give coverage for a specified number of years.

Example(s): Marvin bought a LTC policy at age 66. His annual premium is \$3,000. He chose a 15-day elimination period and 3-year coverage at \$100 per day. This means that if Marvin enters a nursing home at age 76, his LTC policy will pay the nursing home \$100 per day for three years, but his coverage won't start until he has been in the nursing home for 15 days.

Like any insurance policy, the features and price of a LTC policy may vary from one company to another, so you have to comparison shop. For more information on this topic, see Long-Term Care (LTC) Insurance.

Use government benefits

If you meet certain eligibility requirements, three types of government benefits can help you pay the cost of nursing home care: Medicare, Medicaid, and veterans' benefits.

Medicare

Medicare does not pay the cost of custodial nursing home care. However, it may pay part of the cost of skilled nursing care/rehabilitative care in a hospital or nursing home under the following conditions:

- You have been hospitalized for at least three days prior to entering the nursing home (and entered the nursing home within 30 days of being discharged from the hospital)
- A doctor certifies that you need skilled nursing care
- The nursing home or hospital is a Medicare-certified skilled nursing facility

Caution: Relying solely on Medicare to pay for nursing home care is a mistake, because Medicare defines skilled nursing care narrowly and pays limited benefits for care. For instance, if skilled care in a Medicare facility is approved, Medicare will pay for the first 20 days of care, and then will pay only part of the cost for days 21 to 100. After that, Medicare pays none of the cost. For more information on what benefits Medicare does provide, see Medicare.

Medicaid

Medicaid does pay for custodial nursing home care (and in some states, in-home care), but only for low-income individuals who have few assets. If you have income and assets higher than the Medicaid limits, you will not be eligible for Medicaid. However, if you enter a nursing home and pay for care yourself for months or years, you may qualify for Medicaid once your money runs out. In addition, you may be able to qualify for Medicaid if you spend down or transfer your assets. For detailed discussions of strategies you may use to qualify for Medicaid and the rules surrounding Medicaid, see Medicaid Planning Goals and Strategies.

Veterans' benefits

If you are a veteran age 65 or over, you may be eligible for treatment in a Veterans Administration (VA) nursing home. You don't have to have a service-connected illness or injury to get treatment, but since nursing home space is limited, veterans with service-connected conditions will be admitted first. Their treatment will be free; for others, treatment will be free only if certain eligibility rules are met. In addition, the VA runs other community retirement facilities that you may be eligible to enter. For more information, contact your local Veterans Administration office. Also see Veterans' Benefits.

Tax considerations

You may be able to deduct LTC insurance premiums

LTC insurance premiums are deductible as medical expenses within certain limits. How much you can deduct depends upon your age at the end of the tax year. For further information see the general discussion Long-Term Care (LTC) Insurance.

You may be able to exclude LTC insurance reimbursements from income

Money you receive under your LTC insurance contract may be excludable from income for tax purposes (subject to certain limitations). In addition, if your employer provides coverage for you under a LTC insurance contract, the value of coverage is generally excludable from your income, unless the coverage is provided through a cafeteria plan or if you are reimbursed under a flexible spending account.

Example(s): Grant's LTC insurance contract states that the company will pay for nursing home care beginning on the 16th day after care begins. Grant enters a nursing home that charges \$125 a day. His total expenses for 60 days are \$7,500. His insurance company sends him a check for \$5,625 (45 x \$125). The \$5,625 he receives is excludable from his income for tax purposes when he files his annual income tax return.

Caution: When deducting your medical and dental expenses from your income taxes, you must reduce your total medical and dental expenses for the year by reimbursements you receive under a LTC or other insurance contract. For more information see Medical and Dental Expenses.

You may be able to deduct nursing home costs for which you are not reimbursed

You may be only partially reimbursed for nursing home costs under your health insurance or LTC insurance contract. However, any expenses you have for which you are not reimbursed may qualify as medical deductions for income tax purposes. For more information see Medical and Dental Expenses.

Questions & Answers

Can your son or daughter be asked to guarantee payment to a nursing home if you don't qualify for Medicaid?

No. In fact, under federal law it's illegal for a nursing home to ask a child to personally guarantee payment for your care. However, the nursing home may require you to prove you have the money to pay for your care by asking you to provide bank statements or by asking you to put down a deposit.

Long-Term Care Planning Checklist

General information	Yes	No	N/A
1. Has relevant personal information been gathered? <ul style="list-style-type: none"> • Name • Date of birth • Legal state of residence • Health status, including medications being taken • Marital status • Family members available for support • Name, phone number, and address of attorney, physician, geriatric care manager or other advisor 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Has financial situation been assessed? <ul style="list-style-type: none"> • Income from Social Security, pension, employment, or other source • Expenses • Assets • Liabilities 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:			
Long-term care planning	Yes	No	N/A
1. Is the need for long-term care imminent?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Are assets sufficient to cover long-term care needs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Have ways to fund long-term care been reviewed/evaluated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. If homeowner, has home equity as a use of funds been discussed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Are long-term care insurance benefits available?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Have various housing options and their costs been considered? <ul style="list-style-type: none"> • In-home care • Living with a relative • Continuing care retirement community • Assisted living • Nursing home 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:			
Insurance planning	Yes	No	N/A

1. Is adequate health insurance available? • Medicare • Medigap • Private health insurance • Prescription plans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Have Medicaid planning goals and strategies been considered?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Has Medicaid qualification criteria been discussed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Has the need for long-term care insurance been established?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Is long-term care insurance coverage available to the client?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Have existing long-term care insurance policies been reviewed/evaluated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Does long-term care insurance coverage need to be upgraded?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do long-term care benefits need to be accessed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:			
Estate planning	Yes	No	N/A
1. Has long-term care planning been coordinated with estate planning needs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Have appropriate estate planning documents been prepared? • Will • Trust	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Have advanced medical directives been prepared? • Durable power of attorney • Living will • Health-care proxy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Have letters of instruction been prepared?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Has this information been communicated to family members?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:			
Other	Yes	No	N/A

1. Has the need for organizing important documents and records been discussed?

- Bank account records (statements and passbooks)
- Monthly bills to be paid
- Stock certificates, bonds, and other investment records
- Retirement plan statements
- Real estate deeds, mortgages, and other property ownership records
- Vehicle titles
- Business agreements
- Insurance policies
- Will, trust, advanced medical directives, letters of instruction, and other documents
- Birth certificate, marriage certificate, divorce decree, military service papers

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Notes:

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