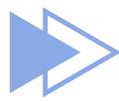




# Navigating Financial Issues in Long-Term Care Planning: Key Considerations for Families

Planning for long-term care presents a range of financial challenges that can significantly affect both the person receiving care and their loved ones.

Here are the critical financial considerations to keep in mind as you plan for long-term care.



## 1. Home Equity: A Significant Asset for Retirees

For many retirees, their home represents the majority of their wealth. However, they are often reluctant to use this asset to cover long-term care expenses because they wish to leave it to their spouse or children.

While tapping into home equity through options like reverse mortgages or selling the property can provide essential funds, these decisions can be emotionally charged.

Families must weigh the emotional significance of the home against the financial need to cover long-term care costs.



## 2. Retirement Accounts: Beware Tax and Medicare Implications



Retirement accounts, such as IRAs or 401(k)s, are another source of wealth for retirees, but liquidating these accounts comes with serious consequences. Withdrawals are taxed as income, and large distributions can push the retiree into a higher tax bracket, rapidly depleting the funds.

This not only reduces the amount available for care but also diminishes income for a surviving spouse.

Large IRA distributions can trigger surcharges for Medicare Part B and Part D premiums, known as Income-Related Monthly Adjustment Amounts (IRMAA). These surcharges can significantly increase healthcare costs, making strategic planning around retirement account withdrawals crucial for managing both taxes and healthcare expenses.





### 3. Gender Differences: Women Bear a Greater Burden

Long-term care disproportionately affects women, not only because they tend to live longer but also because they are more likely to need care for extended periods. On average, women live five years longer than men, and they make up the majority of residents in assisted living facilities and nursing homes.

Studies show that long-term care residents are mostly female, with 67 women for every 33 men in long-term care facilities.<sup>1</sup> Given that women also often serve as caregivers for others before they need care themselves, this double burden makes it especially important for women to plan carefully for their financial security in later years.

<sup>1</sup>Samuels, C. (2023, September 13). Long-Term Care Statistics (2022): Current & Future Demand. [www.aplaceformom.com](https://www.aplaceformom.com/senior-living-data/articles/long-term-care-statistics).  
<sup>2</sup>The Cost of Caregiving - Homethrive. (2023, December). Homethrive. <https://homethrive.com/the-costs-of-caregiving/>

## 4. Long-Term Care Insurance: Plan in Advance



Long-term care insurance can help cover the cost of care, but it must be purchased well in advance of when it's needed. Waiting too long to buy insurance can result in higher premiums or disqualification due to health conditions.

For people in their 40s and 50s, the cost of premiums can be particularly challenging to manage alongside other financial priorities, such as raising a family or saving for retirement.

Despite these challenges, securing long-term care insurance early can provide peace of mind and help prevent future financial strain.





## 5. The High Cost of Family Caregiving

Family caregivers often bear significant out-of-pocket costs, with annual expenses averaging nearly \$7,000.<sup>2</sup> These costs don't include the lost income caregivers face when they reduce work hours or leave the workforce entirely to care for loved ones.

The financial strain can also affect the caregiver's long-term financial security by reducing their ability to save for retirement.

Families should factor caregiving costs into their planning and consider professional care options to reduce the burden on family members.

<sup>2</sup>The Cost of Caregiving - Homethrive. (2023, December). Homethrive. <https://homethrive.com/the-costs-of-caregiving/>

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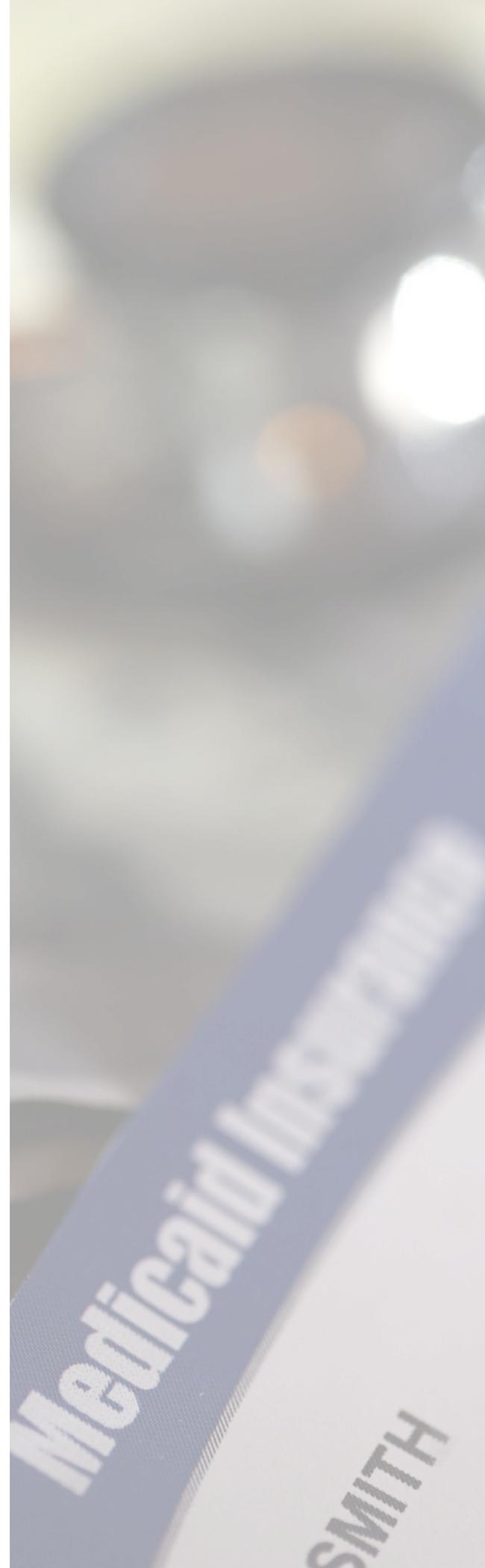
## 6. Medicaid vs. Private Pay: Different Liquidation Strategies



The approach to covering long-term care costs depends on whether the family intends to qualify for Medicaid or pay privately. Medicaid has strict income and asset limits, and qualification may require spending down assets.

The liquidation of assets needs to be carefully timed, as Medicaid has a five-year look-back period that can penalize improper transfers.

In contrast, families planning to private pay will need to focus on minimizing taxes, especially when withdrawing from retirement accounts, to preserve as much wealth as possible for the surviving spouse and heirs.



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