

# Plan for the Possibility of Extended Care in the Future

Name \_\_\_\_\_ Date \_\_\_\_\_

By answering these questions, you will have a document to share with your spouse or partner, adult children, friends, and other family members who need to know your opinions about your own care. Please add another page for additional comments if desired.

Extended Care, also called Long-term Care is defined as needing care from other adults to conduct daily activities for a physical or mental disability due to an accident or illness which could happen at any age.

Do I believe I will be living many years into my 80s, 90s or even to age 100?

Yes    No    because \_\_\_\_\_  
\_\_\_\_\_

I have currently planned for my retirement income to come from:

401K    403B    annuities    cash value life insurance    pension    real estate    stock/bond dividends  
\_\_\_\_\_  
\_\_\_\_\_

I realize that I may need care from my family or others at some point in my life.

Yes    No: if not, why not? \_\_\_\_\_  
\_\_\_\_\_

What impact do I believe my family will experience should they provide my care at home?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If an accident or illness happens to me in the next year who, of my family or friends, will be able to take care of me? (estimate care will be for about 18 hours/day)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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If I cannot be taken care of at home, am I willing to move to an assisted living community, nursing home, or dementia community for a safer environment?

Yes    No – plan to remain at home is \_\_\_\_\_

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With extended care at home costing, on average nationally, \$60,000/year or \$5000/month\* (national median average 2021) for about 6 hours per day to supplement the care given by family or friends. Will I be able to pay for my care at home from my income?

Yes    For how long? \_\_\_\_\_    No

With assisted living costing, \$54,000/ \$4500/month\* (national median average 2021). Will I be able to pay for my care at an assisted living facility as well as the monthly apartment rent from my income?

Yes    For how long? \_\_\_\_\_    No

With Nursing homes costing, \$96,000/year \$8000/month \* (national median average 2021). Will I be able to pay for my care at a nursing home, should it be necessary, from my income?

Yes    For how long? \_\_\_\_\_    No

\* Costs taken from [Genworth's Cost of Care Survey](#), updated Feb 2022.

Do I have a plan to fund my extended care?

Yes, the funds will come from \_\_\_\_\_

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No. How then will you pay for care? \_\_\_\_\_

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Please complete and sign this document and distribute it to your family or friends. Keep a copy for yourself where you keep your important papers.

\_\_\_\_\_  
Print your name

\_\_\_\_\_  
Signature

Let us assist you. Set up an appointment to make plans for funding your choices.