

Jumpstart your planning today –
www.financinglongtermcare.umn.edu

Are you prepared?

“Too many individuals are avoiding talking about financing long term care as part of their overall financial planning. This website can help you begin critical conversations about financing long term care in your family now—before a crisis.”

–Marlene S. Stum, Ph.D.
Website Author
Family Economics & Gerontology
University of Minnesota

Top 10 Reasons to Plan NOW for Financing Long Term Care

1. No age group is exempt from the risk of needing long term care
2. Peace of mind
3. More choices and options than if you wait
4. More time to determine what options help meet your financial goals.
5. Reduces the potential for misunderstandings and conflicts
6. Reduces the burden for others
7. Easier to make plans when you are physically and mentally fit
8. Allows time to gather information from financial professionals
9. Waiting can affect your eligibility for options and increase costs
10. Help protects your own financial security and that of important others.



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Find more resources at – <http://www.csrees.usda.gov/nea/economics/fsll/fsll.html>
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UNIVERSITY OF MINNESOTA
Extension
SERVICE

Take action now!

No one plans to have their health change or wants to admit they might need long term care someday. Everyone, however, is at risk of needing long term care, or help with daily activities and remaining independent. Long term care can include care provided in your home, the community, or a skilled nursing facility.

The University of Minnesota Extension Service provides help to make more informed decisions. Our on-line resource center is:

- Trustworthy and unbiased
- Up-to-date
- Relevant nationwide
- User-friendly

–All without selling any financial products!

What you will find...

THE BASICS



WHY PLAN NOW?

Learn why it makes sense to plan ahead before a crisis to protect yourself and your family members against the risk of needing costly long term care.



ARE YOU PREPARED?

Learn if you are prepared to face the risk of needing long term care, and what the costs of long term care can mean for your financial security.



KNOW YOUR FINANCIAL OPTIONS

Learn about financing alternatives for long term care and how to judge which options might be for you.



CREATING YOUR PLAN

Learn what factors to consider and how to get started when selecting financing decisions that make sense for your personal situation.



CARRYING OUT DECISIONS

Learn about tools and strategies to carry out your plans for financing long term care.

DECISION-MAKING TOOLKIT



FACT SHEETS

Informational pages to quickly read and understand the main points of a topic. Fact sheets can be read on-line or printed for reading or sharing with others.



COMMON MYTHS & FACTS

There are many common myths about financing long term care. Learn how to recognize them! Studies suggest that many people think they know about long term care, but really do not. What about you?



FAMILY EXPERIENCES

Examples and stories from families involved in the realities of financing long term care decisions and dilemmas.



PLANNING TOOLS

Worksheets, quizzes, assessment tools, and checklists to help you examine your own situation.



CONVERSATION STARTERS

Brief articles to share with family members, reprint in newsletters, or use with clients to help begin critical conversations about financing long term care.

ON YOUR OWN – SELF STUDY



ON-LINE OPTION

“Critical Conversations About Financing Long Term Care,” is a no-charge, self-study that allows you to learn at your own pace.

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