

# Long-Term Care Insurance

Thank you for requesting information from the National Citizens' Coalition for Nursing Home Reform. Although insurance is not our primary mission, we frequently receive letters inquiring about the subject. We recommend that you thoroughly research any long-term care insurance policy prior to purchasing. Here are some pros and cons about long term care insurance, and organizations you can contact for more information.

## Pros

- \* helps protect assets
- \* helps preserve inheritance for loved ones
- \* may avoid dependence on family or interference with their standard of living
- \* may preserve freedom to choose preferred long-term care services, such as choosing a nursing home
- \* policy may cover more than nursing homes, such as home care, adult day care, assisted living, or other health care fees
- \* helps avoid Medicaid
- \* premium will be treated as qualified medical expenses for tax purposes

## Cons

- \* premiums/copayments may be unaffordable, especially for older people
- \* if your assets are low, you may soon qualify for Medicaid whether or not you have LTC insurance
- \* if your assets and savings are high, paying out of pocket may be the best decision
- \* other options may be preferable -- e.g., finding an additional source of income, such as reverse mortgages
- \* long term care insurance coverage may be limited, yet it may improve over time
- \* general health insurance may cover some long-term care
- \* policy payments may be below the real cost of nursing home care

## For more information, contact:

### United Seniors Health Cooperative

409 Third Street, SW, Second Floor  
Washington, D.C. 20024-3212  
(202) 479-6973

website: <http://www.unitedseniorshealth.org>

- Long-Term Care Planning: A Dollar and Sense Guide -- 100 pages, **Cost:** \$18.50
- To Buy or not to Buy: information sheet on LTC Insurance -- 4 pages, **Cost:** \$4.00

Prices include shipping and handling.

### Consumers Union

1666 Connecticut Avenue, NW  
Washington, D.C. 20009  
(202) 462-6262

<http://www.consumersunion.org>

**Contact:** Gail Shearer for information.

### Families USA

1334 G Street, NW  
Washington, D.C. 20005  
(202) 737-6340

<http://www.familiesusa.org/>

- Nursing Home Insurance: Who Can Afford It?  
-- Cost: \$ 5

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National Citizens' Coalition for Nursing Home Reform, 1424 16<sup>th</sup> Street, NW, Suite 202, Washington, D.C. 20036-2211, tel. 202-332-2275, fax. 202-332-2949, email: [nccnhr@nccnhr.org](mailto:nccnhr@nccnhr.org), website: [www.nccnhr.org](http://www.nccnhr.org).