Caring for an Aging Parent Be Prepared

Today's Agenda

- Demographics
- Caregiving: Yesterday and Today
- Consequences of Caregiving
- Types of Care and Options
- Legal and Financial Considerations
- Planning Tips

Today's Agenda

What would you like to get out of today's session?



Caregiver Creep

Many caregivers **start out providing** a small amount of care, gradually taking on more and **more responsibility**

Caregiver Creep

I'm not a caregiver.

I'm just being a good son/daughter/friend.

Family Structures Have Changed

- Women in the workforce
- Second and third marriages, divorces
- Fewer or no children
- Geographic separation



The Sandwich Generation

15% of middle-aged adults are providing financial support to both an aging parent and a child.*

Nearly four-in-ten

say both grown children and their parents rely on them for emotional support.*

^{*} The Sandwich Generation: The Rising Financial Burdens for Middle-aged Americans, Pew Research, January 30, 2013

Caregiver Profile

Caregivers	34.2 Million
Average age of caregiver	50.3
Female	60%
White	62%
Employed while caregiving	59%
Caring for	Mom (34%)
Average Hours Per Week	24.1

Source: Caregivers of Older Adults: A Focused Look at Those Caring for Someone Age 50+, AARP, June 2015

The Longer You Live...The Longer You Live

Americans are living longer than ever before

For someone who is 65, men have about 18 years of life left and women about 20.5 years.*

Helping with Activities of Daily Living (ADLs)

- 36% of women caregivers handle the most difficult caregiving tasks such as bathing, toileting and dressing
- **24%** of men are more likely to help with finances, arranging care and household maintenance

Caregivers Spend Their Own Money

Average annual out-of-pocket expenses = \$5,000 with more than one in four (27%) spending between \$5,000 and \$19,999

Household Goods Travel or Transportation

Medical Care
Co-pays
and Drugs

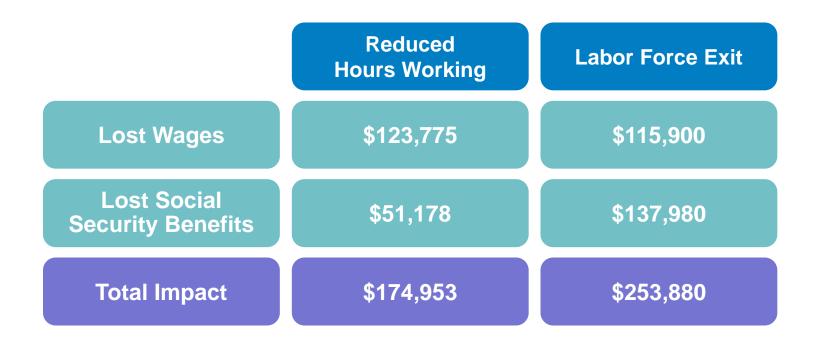
2014 Caring.com Usage and Attitudes Family Caregiver survey

Caregivers Spend Their Own Money

- More than half (58%) of caregivers cut into discretionary spending such as eating out, buying new clothes or buying a new car because of care-related responsibilities
- More than one in four (27%) had spent less on events such as birthdays and anniversaries

Source: Genworth Beyond Dollars, 2013

Caregiving Impacts Finances



Source: MetLife Mature Market Institute, The MetLife Study of Caregiving Costs to Working Caregivers, Table 2, 2011.

Caregivers' Health is Affected

Sleep deprivation

Failure to stay in bed when ill

Poor eating habits

Postponement or failure to make medical appointment for themselves

Failure to exercise

46% – 59% of caregivers are clinically depressed

Source: Family Caregiver Alliance: Taking Care of You, December 2012

Unexpected Consequences of Caregiving

- Marital stress
- Change in **family** dynamics
- Less time to spend on relationships with friends and professional commitments
- Financial stability and security may be taken away

You Are Not Alone

"There are only Four Kinds of People in this World...

Those who have been caregivers

Those who **currently** are caregivers

Those who will be caregivers

Those who will need caregivers"

Rosalynn Carter

A Delicate Balance

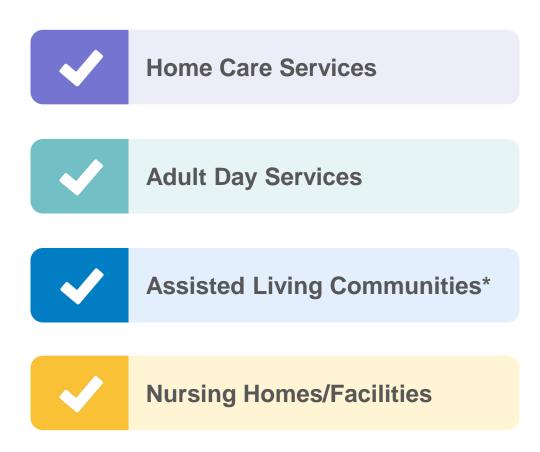
Independence



Safety



Care Options



^{*} Residential Care Facility in CA Facility/license/names vary by state

What Does Long Term Care Cost?

Nursing Homes

The national average rate for a private room in a nursing home was \$91,250

Assisted Living

The average monthly assisted living base rate was \$3,600

Home Care

The national average privatepay hourly rates for home health aides and homemaker/ companion services were \$20

Adult Day Services

Adult day services national average daily rates were \$69

Source: Genworth 2015 Cost of Care Study

The Barriers to Planning

Denial

"It won't happen to me"

Complexity of Options

Too much information

Costs of Care

Financial, physical, emotional

Misconceptions About Who Will Pay

"The government will take care of me"

Now is the Best Time

Get Papers in Order

Personal

Medical

Financial

Legal

Legal Considerations

- Durable Power of Attorney
- **Advance Directives**
 - Living Will
 - Durable Power of Attorney for Health Care
- **Guardianship/Conservatorship**
- **Wills and Trusts**

For general information purposes only. Neither MetLife nor its representatives provide tax or legal advice. Please consult your tax or legal professional for guidance.

Financial Considerations

- Government Programs
 - Medicare/Medicaid*
- **Self-Insure**
 - Savings
- "My family will take care of me"
- **Long Term Care Insurance**

^{*}Called Medi-Cal in California

7 Planning Tips

- Think twice about leaving your job as it will impact your lifetime wealth and future employment
- 2 Calculate your caregiving expenses and create a budget
- 3 Look into community services
- Become **knowledgeable** about government programs, Medicare and Medicaid

7 Planning Tips

- Consider enlisting the services of a geriatric care manager
- Be **aware of possible** elder financial abuse and take precautions
- Discuss your loved one's legal, financial and medical wishes

Resources

Geriatric Care Managers



www.caremanager.org

Information and Referral



→ 800-677-1116, or www.eldercare.gov

Community Services



AARP, Meals-On-Wheels, Senior Centers

Support Groups

Please Remember

- Caregiving can be a **demanding** but truly rewarding experience
- Family caregivers need support too
- Planning ahead and becoming knowledgeable is the best way to an optimal outcome

Caring for an Aging Parent



Important Information

Pursuant to IRS Circular 230, MetLife is providing you with the following notification:

The information contained in this document is not intended to (and cannot) be used by anyone to avoid IRS penalties. This document supports the promotion and marketing of insurance products. You should seek advice based on your particular circumstances from an independent tax advisor.

MetLife does not give legal or tax advice. Any discussion of taxes herein or related to this document is for general information purposes only and does not purport to be complete or cover every situation. Tax law is subject to interpretation and legislative change. Tax results and the appropriateness of any product for any specific taxpayer may vary depending on the facts and circumstances. You should consult with and rely on your own independent legal and tax advisors regarding your particular set of facts and circumstances.

These planning tips offer general advice, and are not a substitute for consultation with an appropriate professional. Please see a financial professional, attorney, or other appropriate professional, when determining how the information and recommendations discussed apply to your specific situation.

Metropolitan Life Insurance Company, New York, NY 10166.

MetLife administers the PlanSmart program, but has arranged for Massachusetts Mutual Life Insurance Company (MassMutual) to have specially-trained financial professionals offer financial education and, upon request, provide personal guidance to employees and former employees of companies providing PlanSmart through MetLife.