

MetLife

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**

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

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

Caregiving Impacts Finances

	Reduced Hours Working	Labor Force Exit
Lost Wages	\$123,775	\$115,900
Lost Social Security Benefits	\$51,178	\$137,980
Total Impact	\$174,953	\$253,880

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

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



Home Care Services



Adult Day Services



Assisted Living Communities*



Nursing Homes/Facilities

* 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 private-pay hourly rates for home health aides and homemaker/companion services were \$20

Adult Day Services

Adult day services national average daily rates were \$69

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

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

1

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**

4

Become **knowledgeable** about government programs, Medicare and Medicaid

7 Planning Tips

5

Consider **enlisting the services** of a geriatric care manager

6

Be **aware of possible** elder financial abuse and take precautions

7

Discuss your loved one's legal, financial and medical wishes

Resources

Geriatric Care Managers

 www.caremanager.org

Information and Referral

 [800-677-1116](tel:8006771116), 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

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