

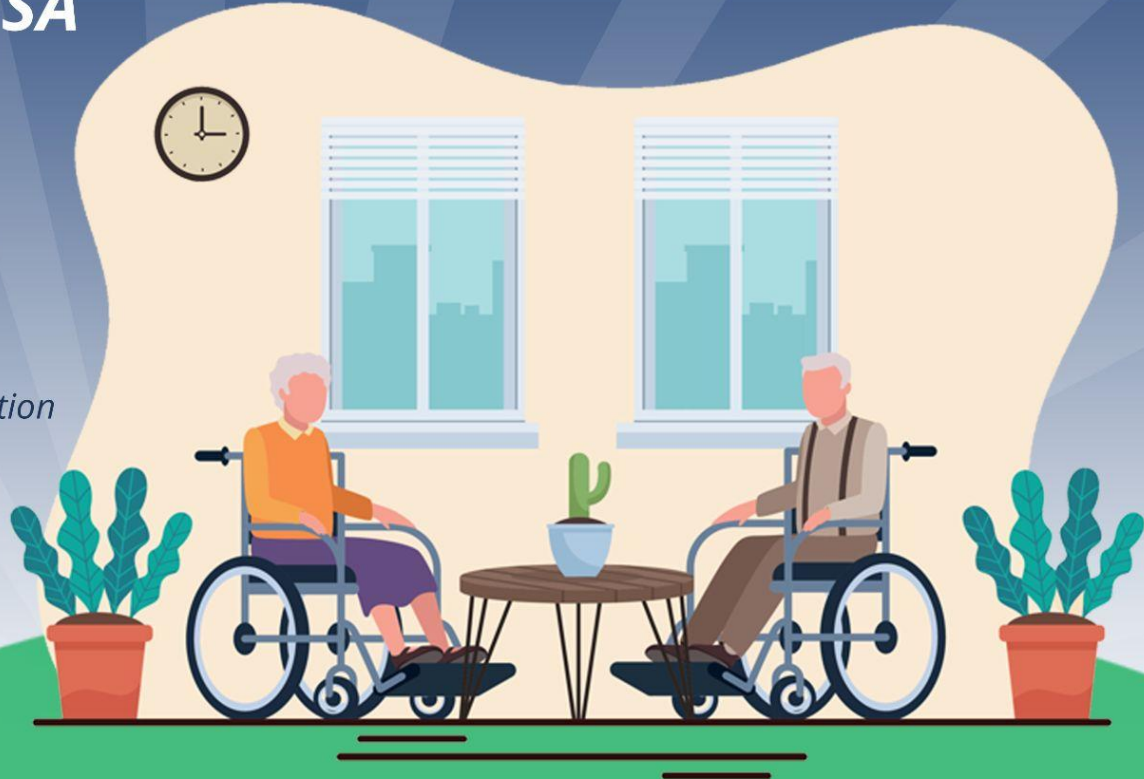


LONG TERM CARE

for Majlis Ansarullah USA

An Overview

*Presented by: Sub-Committee on LTC Implementation
Sep (2024)*



Background

- ◆ Shura proposal 2023 (Approved by Hazrat Khalifatul Masih V (aba))
- ◆ Implementation committee scope
 - Publish a Long-Term Care (LTC) resource guide
 - Explore group LTC coverage for Ansar members
 - Study of other nonprofits' LTC solutions
 - Feasibility study for Majlis Ansarullah LTC facility
- ◆ This Webinar is one of the deliverables in this regard
- ◆ Long-Term Care Resource Guide is now available for Ansar members

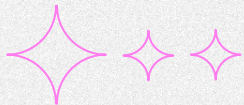


LTC is Real!

70% of individuals over the age of 65 will require some form of LTC

*Median annual cost for a semi-private room in a nursing home is **\$94,900** (in 2021)*

Women need LTC longer (3.7 years on average) than men (2.2 years on average).

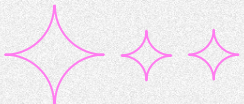


What is LTC?

- ◆ LTC is personal care and related services to meet an individual's **physical, mental, or emotional needs** over an extended period
 - Provided to people who need help with 1) Activities of daily living (ADLs) or 2) supervision due to severe cognitive impairment
- ◆ **Activities of daily living** (ADLs) include eating, dressing, bathing, toileting, transferring (such as from bed to chair), and maintaining continence (controlling bowel or bladder functions)
- ◆ **Risk factors:** Age, marital status, lifestyle, and medical history

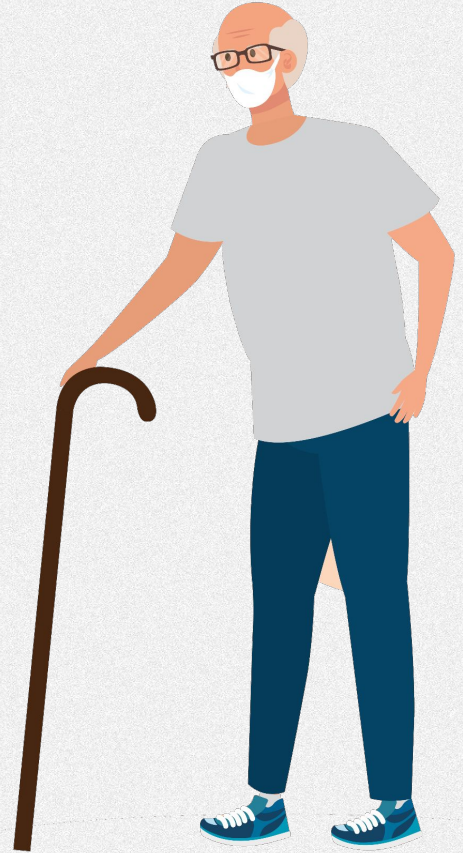


**27% of
Ansar
are 65+**



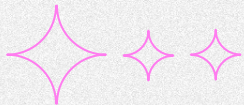
Common Myths & Misconceptions – 1 of 2

1. LTC is only for the elderly
2. Medicare covers Long-Term Care
3. LTC is only for nursing homes
4. Family will always be able to provide care
5. LTC insurance is too expensive



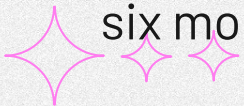
Common Myths & Misconceptions – 2 of 2

6. You don't need to plan for LTC
7. Medicaid will cover all LTC costs
8. LTC insurance only benefits the individual
9. All LTC services are of the same quality
10. Wait till you're older to get LTC insurance



Exploring LTC Options

1. **Home Health Care** - Services range from basic assistance on ADLs to complex medical care. The level of care required affects the cost, which varies based on geographic location and caregiver qualifications
2. **Senior Living/Group Homes Facilities.** Offer various care options generally for age 55+, including independent living, retirement communities, and memory care facilities
3. **Assisted Living Facilities.** Help residents maintain independence while providing varying levels of assistance, from personal care to mobility support
4. **Skilled Nursing Facilities (SNFs).** Provide higher levels of care than ALFs, including extensive medical care and rehabilitation for chronic and complex needs
5. **Hospice Care.** Covered by Medicare, for individuals with a life expectancy of six months or less



Role of Medicare and Medicaid

- ◆ Medicare does NOT cover long-term or custodial care
- ◆ **Medicaid** pays for over half of all long-term care in the US
- ◆ Coverage and **eligibility vary by state**, with specific income and resource thresholds for qualify
- ◆ Most states have a "**look-back**" **provision** of at least five years to prevent wealth transfers to meet eligibility
- ◆ Medicaid **estate recovery**: Be aware that states can recover costs from the estate of a deceased Medicaid recipient for LTC
- ◆ Medicaid **application process**: Prepare to provide comprehensive documentation, including income, assets, medical records, and proof of residency



Funding Considerations – Cost Estimates

Home Health Care:

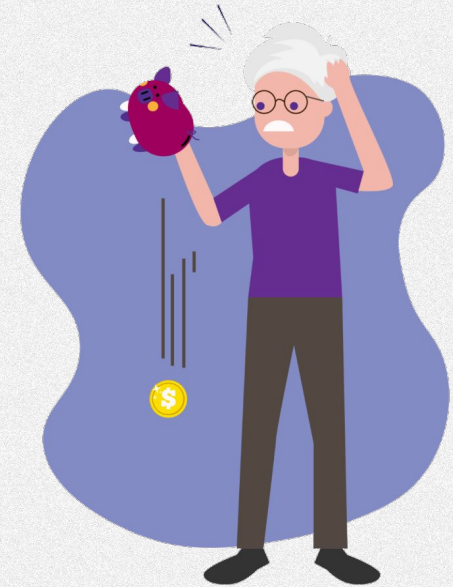
- ◆ Companion Care: \$15 - \$25 per hour
- ◆ Personal Care: \$18 - \$30 per hour
- ◆ Skilled Nursing Care: \$25 - \$50 per hour
- ◆ Medical Care: \$50 - \$100 per hour

Assisted Living Facilities (ALFs):

- ◆ Average monthly cost: \$4,500 - \$6,000
- ◆ Based on location and level of care: \$3,000 - \$7,000+

Skilled Nursing Facilities (SNFs):

- ◆ Semi-private room: \$90,000 - \$120,000 per year
- ◆ Private room: \$100,000 - \$140,000+ per year



Hospice care costs covered by Medicare, Medicaid, or private insurance. Includes routine home care, continuous home care, general inpatient care, and respite care

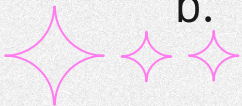
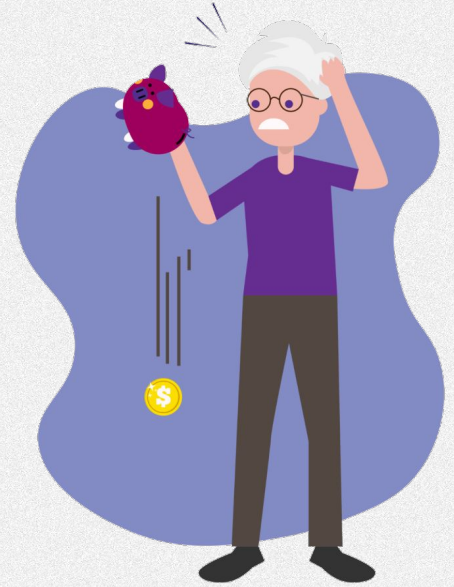
Funding Considerations – Self-Funding

Self-Funding

- a. Understanding the costs & build a funding plan
- b. Allocating investments to fund LTC needs
- c. Use of HSA accounts, Roth IRA, etc.
- d. Acquiring LTC Insurance (employer/individual)

Self-Funding Vs. Insurance

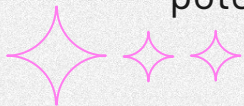
- a. Self-Funding requires substantial savings and investments; potentially \$1 million+ depending on care needs and duration
- b. Insurance: More affordable upfront but requires long-term premium payments; mitigates the risk of depleting assets



Planning Considerations for Ansar

- ◆ **Saf-e-Dom Ansar (ages 40-55):** *Healthy & Earning* - Get educated about the importance of saving and investing for LTC costs, similar to retirement planning. Early preparation will allow them to self-fund LTC
- ◆ **Saf-e-Awwal Ansar (ages 56-65):** *Nearing Retirement* - Explore LTC insurance options - if you can obtain LTC insurance - maintain through retirement. Consider private LTC insurance if you can
- ◆ **Saf-e-Awwal Ansar (ages 65+):** *Retired* - Focus on setting aside financial resources for self-funding LTC
Military background may qualify for VA benefits for LTC
- ◆ **Recently Migrated:** If you require assistance, Majlis Ansarullah can provide guidance on government resources and potentially some financial assistance on a case-by-case basis

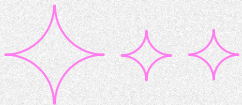
it
All Ansar members are encouraged to learn about and plan for LTC costs.



Resources Available

Resources Available to Majlis Ansarullah members:

- ◆ **Ansar Helpline with LTC Expert Access.** Offers LTC guidance through 24x7 helpline (1-716-800-1889). Provides information on medical services, health care facilities, and funding guidance and guidance on preparing your home for LTC
 - Majlis Ansarullah USA LTC Resource Guide now available at www.ansarusa.org
- ◆ **Federal Resources:** Medicare (medicare.gov) Covers short-term health needs but not long-term custodial care.
 - Medicaid.gov. Provides assistance with medical costs for individuals with limited income, including long-term care

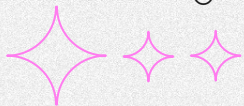
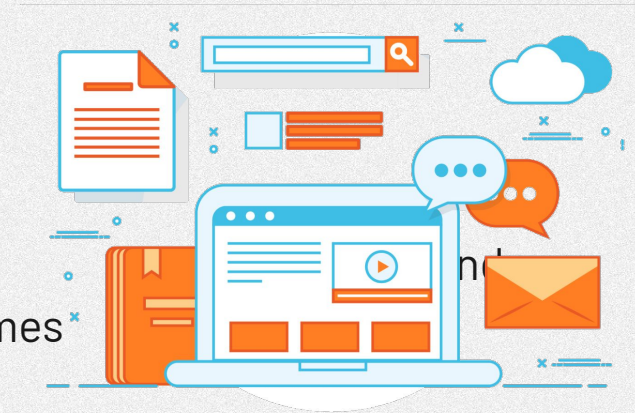


Resources Available

- [hhs.gov](https://www.hhs.gov) - Offers health conditions and long-term care resources.
- [ssa.gov](https://www.ssa.gov) - Provides benefits like SSDI and SSI for disabled individuals.
- National Council on Aging (NCOA)([ncoa.org](https://www.ncoa.org)) - Offers resources for benefits access, health, and economic security.
- Administration for Community Living ([acl.gov](https://www.acl.gov)): Supports independent living & community participation for elderly and those with disabilities.

◆ **State-Level Medicaid Programs:**

- State Health Insurance Assistance Program: Provides unbiased Medicare counseling
- State Medicaid Websites offer information on eligibility and benefits.
- Area Agencies on Aging (AAA): Provide local services to help older adults remain in their homes





Questions?

