

5 Myths About Long-term Care Insurance

01

MYTH: “Medicare Will Cover My Long-Term Care Needs”

Reality: Medicare only covers short-term skilled nursing care, not ongoing help with **activities of daily living (ADLs) like bathing or dressing**. Long-term care insurance helps cover these costs, providing support where Medicare falls short.



02

MYTH: “I’ll Only Need It If I End Up in a Nursing Home”

Reality: Most long-term care is actually provided at home or in assisted living facilities, not nursing homes. Long-term care insurance can help pay for home health aides, adult day care, and in-home therapy, **giving you more options to age in place**.



03

MYTH: “It’s Only for Older People”

Reality: Nearly 40% of people using long-term care services are under age 65.¹ Illnesses, disabilities, and unexpected injuries can happen at any age, and having coverage in place can protect your finances and family from the high costs of care.



04

MYTH: “It’s Too Expensive to Be Worth It”

Reality: The cost of long-term care itself is far higher than the cost of insurance. **Without coverage, paying for care out-of-pocket can quickly deplete savings**. Policies can also be customized to fit different budgets and needs.



05

MYTH: “My Family Will Take Care of Me”

Reality: While family members often provide care, it can be physically, emotionally, and financially challenging. **Long-term care insurance helps cover professional care services**, reducing the burden on loved ones and ensuring access to quality care.



¹Georgetown University Press, 2003



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