

# An Insider's Look at the Rising Cost of Aging Care in the U.S.



Presented by  
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**"There are only four kinds of people in the world:**

**Those who have been caregivers,**

**Those who are currently caregivers,**

**Those who will be caregivers, and**

**Those who will need caregivers."**

**Rosalyn Carter**

# STATS

**2021 = 4.3 TRILLION → 6.8 TRILLION by 2030**

**Medical providers are paid for quantity, not quality**

**The U.S. population is growing more unhealthy**

**The newer the tech, the more expensive**

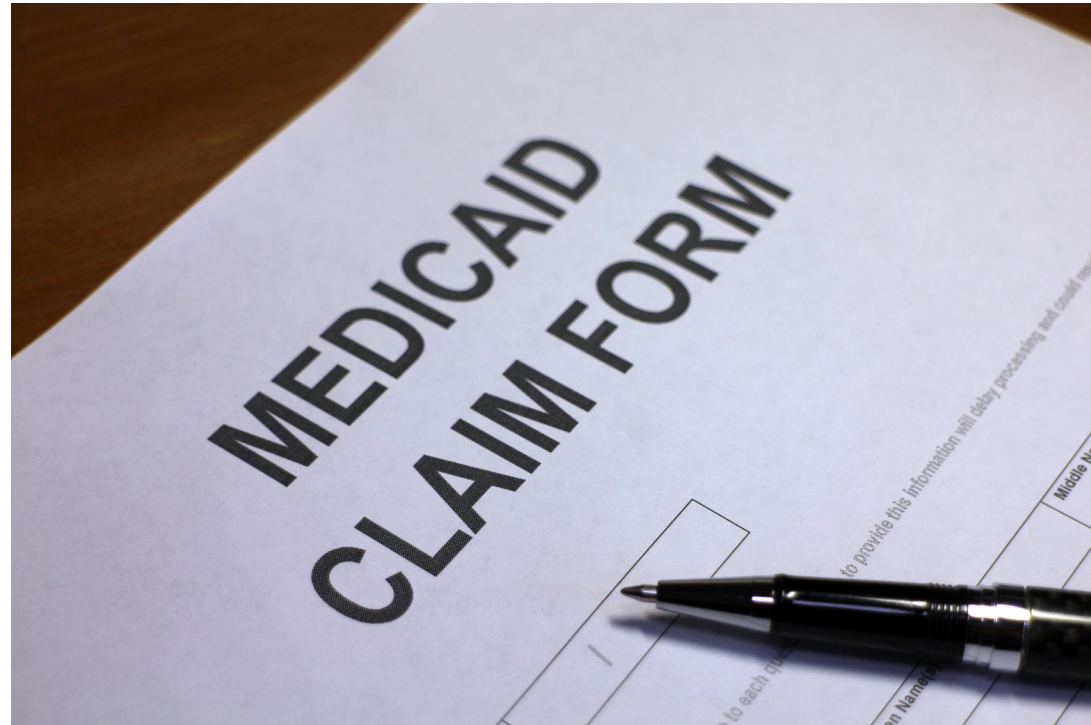
**Lack of information about medical care and its costs**

<https://www.peoplekeep.com/blog/eight-reasons-for-rising-health-care-costs>



## Federally Run

- Based on age
- Part A (Hospital, Rehab)
- Part B (Outpatient, Equipment)
- Part D (Medications)



## Individually State Run

- Based on income
- \$2,000 savings limit
- Income Limit = \$1012 single
- SKILLED Level of Care
- 5 year LOOK BACK



## Hospital Admission

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Make sure Admitted and NOT listed under Observation status

## Rehab Stay

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1st 20 days covered under Medicare  
- does NOT mean you'll be in rehab care for 20 days

## PT/OT/Speech /Nursing Care

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Home Health is under Medicare B  
- short visits and short term -

## Home Care

Non-medical aide or CNA  
**Private Pay** \$25-\$32/hour  
3 to 6 hour minimum

# Senior Living Options

## INDEPENDENT LIVING

Private Pay

\$4500 - \$6000

## ASSISTED LIVING/ MEMORY CARE

Private Pay/LTC Insurance

\$6000 - \$8000

## SKILLED CARE

Rehab Short Term  
Medicaid/ VA or  
Private Pay

\$7000 - \$10,000

## CARE HOMES

Private Pay/ VA

\$7500

# Dementia

...the "D" word



**"thinking and social symptoms that interfere with daily functioning"**

6.5 Million (1 in 9 age 65+)

Treatment can help, but can't be cured

Chronic: last for years to lifelong

Impacts health of caregiver





### DAILY ACTIVITIES AVAILABLE:

Computer Lab, Wifi Access, Treadmills, Elliptical Machines, Recumbent and Stationary Exercise Bikes, Fitness classes, Open Art Studio, Open Ceramic and Pottery Studio, Piano, Board and Card Games, Wii Games, Cornhole Boards, Horseshoes, Darts, Ping Pong, Community Outreach Projects and MORE!

### ADDITIONAL SERVICES:

Tax Assistance, Legal Aid Counseling, Health Screenings, Senior Games, Wake Tech Classes SHIP (Senior's Health Insurance Information Program) Job Training/ Placement, Annual Health Fairs Nutrition Programs (Daily Lunch & Home Delivered Meals Access), Support Groups Information and MORE!

Wake Forest Senior Center

235 East Holding Ave

Monday-Friday

8 AM -5 PM

919-554-4111

# Total Life Centers

Typical Rates \$45-\$95 per day



## Raleigh TLC

5124 Departure Dr,  
Suite 101  
Raleigh, NC 27607  
919-873-1870

## East Wake TLC

323 Lake Drive  
Wendell, NC 27591  
919-365-4248

## Cary TLC-Bond Park

110 Maury O'Dell Pl  
Cary, NC 27513  
919-460-9008

## Garner TLC

Garner United Methodist Ch.  
201 Methodist Dr  
Garner NC 27529  
919-773-3790

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For general questions  
call 919-713-1556



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For general questions  
call 919-525-6464



## **PACE**

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PACE (Program of All-Inclusive Care for the Elderly) delivers all needed medical and supportive services.

## **How Often**

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Average participant attends the Center three days a week

## **Who**

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The average participant is 77 years old, has 7+ medical conditions and is limited in 3 activities of daily living.

## **For Caregivers**

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Training, support groups and short term respite care for participants - primarily if caregiver needs surgery or emergency situation

## **Qualify**

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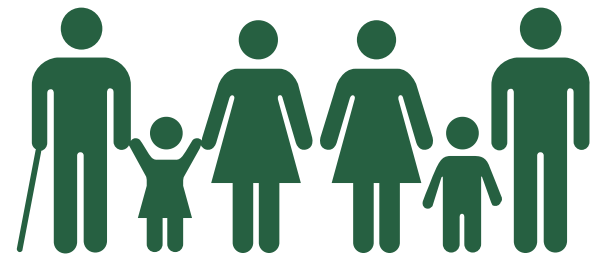
55 or older, certified by the state to need nursing home care, able to live safely in the community and lives in a PACE service area.

## **More Info**

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Call 919-425-3050

# Legal Documents Must Haves



## Power of Attorney

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Authority to act on behalf of legal and financial matters



## Health Care POA

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Authority to make medical decisions



## Advance Directives

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Written wishes to be followed in medical matters



# TIPs

- Life Insurance with Rider
- Long Term Care Elimination Days - use them early
- Medicaid Planning
- Hospice Care



# TIPs

Create an Emergency bag

Include: snacks, extra charger, light sweater, notepad & pen, copy of advance directives, money for vending machine



# TIP

Create an emergency care plan for your Pets!

- List of who will care for your pet
- Hide a key
- Vet's name & number
- Food brand
- Walking Schedule
- License/Id or chip number
- Health history
- Special instructions
- Favorite toys





# Next Steps



01

POA/HPOA/Advance Directives

02

Family Conversation & Financial Planning

03

[www.AgingLifeCare.org](http://www.AgingLifeCare.org)

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Self Care!



*Thank you!*

## **Website**

[www.AgingCareMatters.com](http://www.AgingCareMatters.com)

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919-525-6464

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