Facts and Figures

- At age 65, the average male life expectancy is 15.5 years; 9 years for females (based on Department of Health and Welfare Life Expectancy Table).

- Cancer and heart attack are still the leading causes of deaths in America, but Alzheimer's disease is the seventh (7th) leading cause and is accelerating while heart attack and cancer related deaths are on the decline.

- 1 out of 8 Americans over the age of 65 has dementia.

- Half of Americans over 85 is dealing with dementia of some type.

- Odds that a person will need some skilled nursing home care at some point in his/her lifetime are:
  - Over Age 65: 43%
  - Over Age 80: 50%

- Advances in medicine mean longer stays
  - 55% are more than one year; avg. stay = 2.4 yrs.

- These statistics do not include care provided in the home or in another residential setting.

The Costs of Long-Term Care

- Nursing Home Costs: $6,000+/month
- Assisted Living Costs: $2,500 - $3,500/month
- In-Home Care Costs: $15.00 - $25.00/hour

Care giving is now viewed as an unpaid extension of the public health system – provides approximately $196 billion in uncompensated care annually
**Concerns Assessment**

Please rate the following concerns with 1 being the lowest and 10 being the highest.

On a scale of 1-10 I am concerned about:

<table>
<thead>
<tr>
<th>Concern</th>
<th>Rating</th>
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<tbody>
<tr>
<td>How to access and pay for care if I need it.</td>
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<tr>
<td>Running out of money if I become ill and require significant care.</td>
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<tr>
<td>Having no control over who provides care for me if I need it.</td>
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<tr>
<td>Choosing the type of care I want and where I want to receive it.</td>
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<tr>
<td>Leaving an inheritance to my loved ones, only to have it taken by a creditor.</td>
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<tr>
<td>My children misusing the property or money I leave to them.</td>
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<tr>
<td>Providing support to a loved one with a disability during my lifetime and after my death.</td>
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<tr>
<td>Making sure my wishes about care and finances are carried out.</td>
<td></td>
</tr>
<tr>
<td>Taking advantage of tax breaks where possible.</td>
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</tr>
<tr>
<td>Keeping the home in the family.</td>
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<tr>
<td>Reducing the risk of conflict among family members.</td>
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</tr>
<tr>
<td>Treating each child/loved one equally.</td>
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</tbody>
</table>

Name: __________________________      Email: __________________________

Phone #:__________________________   P.O.A.? ___ Yes ___ No

Wish to be contacted?: ___ Yes ___ No   P.O.A. Name: ___________________
Is a Long-Term Care Asset Protection Plan Right for Me?

Do you have concerns about:

- Running out of money if you (or your spouse) become ill and require significant care
- Having no control over who provides care for you if you need it
- Choosing the type of care you want and where you want to receive it
- Leaving an inheritance to your loved ones, only to have it taken by their creditors
- Your children misusing the property or money you leave to them
- Providing support to a loved one with a disability both during your lifetime and after your passing
- Making sure your wishes about care and your finances are carried out

If you answered yes to any of the questions above, we can help. A long-term care asset protection plan is not a one-size-fits-all set of documents. Each plan is designed based on your concerns, your desires, and your goals.
Are you, your family members or clients struggling to meet the needs of an elderly loved one during a chronic illness or disability? If you see one of these signs of distress, the family may benefit from a referral to Elder Care Law of Central Kentucky.

1. The primary caregiver is suffering from burnout, ill health, frustration, guilt, or confusion
2. Family members are confused about care options, what to do next, or where to get help
3. The elder was recently diagnosed with cancer, Alzheimer's disease, or other chronic condition
4. The elder is ill or disabled with children who live out of town
5. The elder has experienced a catastrophic event such as a fall, medication mistake, or accident
6. Family members have discovered the elder wandering, malnourished, dehydrated, or unable to provide self care
7. The elder suffered a medical event such as a stroke or heart attack
8. Elders are expressing worries about paying for long-term care in the future
9. Children are voicing concerns about a parent’s debilitating diagnosis
10. The elder is hospitalized and the family has been told that returning home is not an option

We can help ease family worries!
859-298-2150
www.eldercarelawofcky.com
A Life Care Plan describes how our team will meet the elder’s medical, long-term care, legal and emotional needs during long-term illness or incapacity—until the end of life.

**FAMILY BENEFITS:** Freedom from the burdens of care-giving, relief from anxiety about paying for care, guidance with every legal, health care and long-term care decision for the rest of the elder’s life, confidence that comes from having a plan for ongoing care as the elder’s condition progresses, security because the spouse and dependents are provided for and peace of mind because the right to quality care is protected.

**ELDER BENEFITS:** The right care sooner, preservation of independence for as long as possible, the ability to age with dignity, and the security of knowing that you have an advocate dedicated to maximizing quality of life.

Elder Care Law of Central Kentucky offers Life Care Planning, elder law, estate planning, Medicaid planning and legal services for the aging and chronically-ill from offices in Georgetown, KY.

For more information, call (859) 298-2150, or visit www.ElderCareLawofCKY.com.
Mikel D. McKinley, Jr. is a graduate of the University of Kentucky School of Law and earned an MBA from Eastern Kentucky University. Mike did financial and insurance planning before going to law school and is well versed in Business Law in addition to Elder Law, VA Planning, Special Needs and Estate Planning. Protecting assets from the government and nursing homes, and helping clients pass those assets to their families is Mike's passion. Mike is a member of ElderCounsel, The National Association of Elder Law Attorneys, Rotary International, Chamber of Commerce, and is Accredited with the Better Business Bureau.

Sarah Muncie is a graduate of Morehead State University with a Bachelors degree in Communications and Marketing. She has been working in elder care for almost ten years. She started her career in the home health and private duty market which lead to a career in senior living where she helped families transition into Independent Living, Assisted Living, Personal Care, Alzheimer's and Dementia Care, and Skilled Nursing and Rehabilitation. She also partnered with professionals and medical providers to make sure the move goes smoothly. Sarah is a 7 year committee member of the Alzheimer's Association and a member of the Chamber of Commerce.

Elder Care Law of Central Kentucky, is a member of the Life Care Planning Law Firms Association which allows our firm to offer Life Care Planning in addition to traditional Elder Law services. Life Care Planning focuses on getting the right care for you or your loved one so he or she enjoys the best possible quality of life. We offer effective legal support to seniors in our local community. We can help you qualify for benefits, plan for retirement or find dependable senior care.
FREQUENTLY ASKED QUESTIONS:

Q: If Mom is already in a nursing home on Medicaid, why do I need an Elder Law Attorney to protect assets?

A: If Mom still owns her home, it is at risk of being lost completely to Estate Recovery at her death. An Elder Law Attorney can help!

Q: Why can’t I just give my assets, including my house, to my children myself? Why do I need an attorney?

A: Do it yourself Medicaid planning can costs tens of thousands of dollars for your heirs. Outright gifting leaves the assets at risk while you are living and can cause your heirs to owe thousands in capital gains taxes when they sell the assets you gave them.

Q: If I’m already in a Nursing Home, or soon will be, is it too late to protect my assets?

A: NO!! In a crisis situation, an Elder Law Attorney can save almost 100% of a married person’s assets, and at least 50% of a single person’s assets (exclusive of the legal fee).

Q: I already have a Will, Living Will and a P.O.A. in addition to a Revocable Living Trust. Why do I need more planning?

A: Basic estate planning is very different from Asset Protection Planning. If you Know you will die without ever going to a nursing home, basic estate planning is all you need. If there is a chance that you will go to a nursing home, you need planning done by an Elder Law Attorney who has specific training for “over 65” estate planning.