



# Types of Long Term Care Services

Long term care (LTC) refers to care that is required by people for an extended period of time because of medical, physical, and cognitive conditions caused by accident, illness, or frailty. LTC involves receiving assistance or supervision to perform activities of daily living when these tasks can no longer be performed independently

## Home Health Care

In-home care

### Features:

- Homemaker services
- Personal care
- Nursing services
  - Rn
  - Lpn
  - Health care aide
  - Personal care aide
- Therapy services
  - Speech
  - Respiratory
  - Physical

## Adult Day Care

Community day care

### Features:

- Part-time care in a group setting
- Social interaction and security

## Assisted Living Facility Adult Foster

Home Residential Health Care

Apartment-like conditions

### Features:

- Personal care assistance
- Non-skilled care services

## Hospice Care

End of life for the terminally ill  
(six months)

### Features:

- Skilled care
- Intermediate care
- Custodial care

## Nursing Facility and Nursing Home

Institutional care facility  
(due to necessity)

### Features:

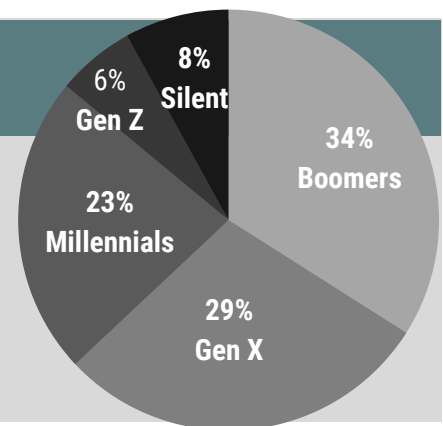
- Skilled care
- Intermediate care
- Custodial care

## Did You Know?

*Who are today's family caregivers?\**

### Generations by birth year:

Silent	Born 1945 and before
Boomers	Born 1946 - 1964
Gen X	Born 1965 - 1976
Millennials/Gen Y	Born 1977 - 1995
Gen Z	Born 1996 - 2015



**Contact your financial services professional for more information about types of available LTC services, and to discuss ways to mitigate your exposure to the potential risks of LTC.**

\*Caregiving in the U.S. 2020, National Alliance for Caregiving and AARP

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