





Presented to:

Prepared by:

Date:

# How could being in a state of dependency affect you and your loved ones?

About you	YES	NO
Is it important to you to maintain your independence as you grow older?		
Would you find it upsetting to have to use up all of your savings and liquidate your assets, and then have to rely solely on government programs?		
If you were in a state of dependency, would you want to be the person who chose where to spend your convalescence and the type of care you would receive?		
Do you think that an extended period of dependency could have a catastrophic impact on your retirement planning?		
• Are you planning to leave an inheritance to your children or grandchildren, or to a charity or foundation you care about?		
About your spouse and close family members	YES	NO
About your spouse and close family members  Do you think that your children are concerned about the idea of having to look after their elderly parents?	YES	NO O
<ul> <li>Do you think that your children are concerned about the idea of having to look</li> </ul>	YES	NO O
<ul> <li>Do you think that your children are concerned about the idea of having to look after their elderly parents?</li> <li>If members of your family were to care for you, do you think this would affect</li> </ul>	YES	NO O
<ul> <li>Do you think that your children are concerned about the idea of having to look after their elderly parents?</li> <li>If members of your family were to care for you, do you think this would affect their own obligations and that they might incur any financial loss?</li> <li>Would your spouse have difficulty dressing you, getting you out of bed or</li> </ul>	YES	NO

## Long term care needs analysis

A.	Total current monthly family expenses	
В.	Estimated percentage of your monthly expenses you would still have to pay even if you were in a state of dependency (suggestion 75%)	
C.	Adjusted amount of expenses during state of dependency	A×B
D.	Monthly long term care (LTC) cost (See the Table of average monthly costs below)	
E.	Total LTC expenses	C + D
F.	Net monthly family income from all sources	
G.	Monthly long term care needs (if negative, put 0)	E-F

### Average monthly cost for long term care services

#### AT HOME

- The government covers the cost of a certain number of hours each month and the patient pays for any extra care and services.
- On average, the number of extra hours needed per month for home care over and above the care provided by the government are:

	Total:	\$2,320
<ul> <li>Personal care, 40 hours / month at \$18 per hour<sup>2</sup></li> </ul>		\$720
<ul> <li>Nursing care, 40 hours / month at \$40 per hour<sup>1</sup></li> </ul>		\$1,600

#### IN A RESIDENTIAL FACILITY

- The cost of a single room for an individual in a state of dependency varies:

 Public CHSLD <sup>3</sup>	\$1,712
 Private care facility <sup>4</sup>	\$5,000

<sup>1.</sup> Hourly rate adopted in Quebec professional health federation collective agreements, April 2008

Average hourly rate for orderlies in Quebec, 2008
 Régie de l'assurance maladie du Québec, 2011
 Affaires Plus, May 2008

## Proposed solution

MALE years of age	Monthly retirement income	Monthly income during a state of dependency
Current		
	\$	\$
Long Term Care Insurance		
\$/ month / for life		
H. Monthly premium: \$:	\$	\$
FEMALE	Monthly	Monthly income during
years of age	retirement income	a state of dependency
Current		
	\$	\$
Long Term Care Insurance		
\$ / month / for life		
I. Monthly premium: \$	\$	\$



K. Cost of LTC solution

H + I