

# Long-term care risk may be greater for women than men\*

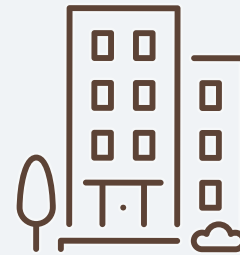
An unexpected health-related event requiring long-term care is a risk that could impact you and your family financially and emotionally. When a loved one needs care, it's often sudden, and the burden of providing care typically falls on a daughter, a wife or a sister. Many times, for the caregiver, the financial and emotional risk is compounded by career sacrifice and potentially health-related issues.

Unfortunately, long-term care risk may be far greater for women than men, because women face a higher probability of needing care\* or becoming a caregiver.<sup>1</sup> This is why every woman should consider preparing for their future and encouraging their spouses, parents, in-laws and close relatives to have a plan.

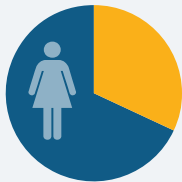
## Women are more likely than men to need long-term care



Nearly **6 in 10** women will need extensive care after the age of 65.<sup>2</sup>



Women have a higher incidence of needing nursing home, residential and hospice care.<sup>3</sup>



More than **two-thirds** of the long-term care population in nursing homes and residential communities are women.<sup>4</sup>



Women typically need care for **1.5 years longer** than men.<sup>5</sup>



Women are more **genetically predisposed** to develop Alzheimer's disease.<sup>6</sup>

\*Centers for Disease Control and Prevention, Long-Term Care Providers and Services Users in the United States: Data From the National Study of Long-Term Care Providers, 2013–2014," *Vital and Health Statistics*, Series 3, No. 38, [https://www.cdc.gov/nchs/data/series/sr\\_03/sr03\\_038.pdf](https://www.cdc.gov/nchs/data/series/sr_03/sr03_038.pdf), February 2016.

<sup>1</sup>LIMRA Secure Retirement Institute, "Challenges for Caregivers: How Employment Leave Impacts Women's Retirement Savings," *Advisor Magazine*, <http://www.lifehealth.com/half-working-women-taken-leave-care-family/>, September 2016.

<sup>2</sup>Howard Gleckman, "Women Will Face Especially High Long-Term Care Risks As They Age," *Forbes Personal Finance*, <https://www.forbes.com/sites/howardgleckman/2015/12/03/women-will-face-especially-high-long-term-care-risks-as-they-age/#84405012a8d8>, December 3, 2015.

<sup>3</sup>See asterisk note above, Table 4 in Appendix B, page 105.

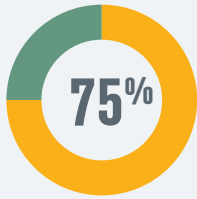
<sup>4</sup>U.S. Census Bureau, "Current Population Survey, Annual Social and Economic Supplement, Table A1. Marital Status of People 15 Years and Over, by Age, Sex, and Personal Earnings, 2015," *ACL*, [https://aoa.acl.gov/Aging\\_Statistics/Profile/2015/5.aspx](https://aoa.acl.gov/Aging_Statistics/Profile/2015/5.aspx), November 2015.

<sup>5</sup>U.S. Department of Health and Human Services, "How Much Care Will You Need," *LongTermCare.gov*, <http://longtermcare.acl.gov/the-basics/how-much-care-will-you-need.html>, last modified February 21, 2017.

<sup>6</sup>Alzheimer's Association, "2016 Alzheimer's Disease Facts And Figures," *alz.org*, <http://www.alz.org/facts/overview.asp>, January 2017

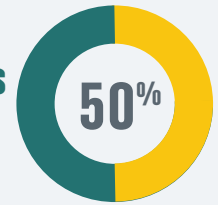
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# Women are more likely than men to become caregivers

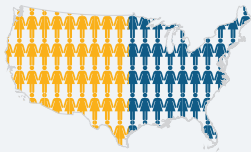


**75%** of the time, women are the primary caregiver within the household.<sup>1</sup>

Women dedicate as much as more time providing care than males.<sup>1</sup>



## Half of the U.S. female workforce



has taken leave to care for a family member, and **50%** are concerned it will negatively impact their retirement financial security.<sup>2</sup>



The cost to female caregivers could amount to as much as **\$325,000** in lost wages and Social Security benefits.<sup>3</sup>



## The physical stress

of providing care may contribute to health risk and the long-term care needs of the female caregiver.<sup>4</sup>

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<sup>1</sup>Family Caregiver Alliance, "Caregiver Statistics: Demographics," *FCA*, <https://www.caregiver.org/caregiver-statistics-demographics>, January 2016.

<sup>2</sup>LIMRA, "Half of Working Women Have Taken Leave to Care for Family," [http://www.limra.com/posts/pr/news\\_releases/half\\_of\\_working\\_women\\_have\\_taken\\_leave\\_to\\_care\\_for\\_family.aspx](http://www.limra.com/posts/pr/news_releases/half_of_working_women_have_taken_leave_to_care_for_family.aspx), September 20, 2016.

<sup>3</sup>Family Caregiver Alliance, "Women and Caregiving: Facts and Figures," *FCA*, <https://caregiver.org/women-and-caregiving-facts-and-figures>, revised February 2015.

<sup>4</sup>Family Caregiver Alliance, "Women and Caregiving: Facts and Figures," *FCA*, <https://www.caregiver.org/print/240>, February 2015.

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