

Did you know that an estimated 12.8 million Americans of all ages need assistance from others to carry out everyday activities? Approximately 40% are working-age adults 18 to 64 and 57% are persons aged 65 and older. According to the U.S. Department of Health and Human Services, 70% of people who reach age 65 will need LTC (Long Term Care) services at some point in their lives.

Long-term care is a range of services and supports you may need to meet your personal care needs. Most long-term care is not medical care, but rather assistance with the basic personal tasks of everyday life, sometimes called Activities of Daily Living (ADLs), such as bathing, dressing, using the toilet, and eating. Other common long-term care services and supports are assistance with everyday tasks, sometimes called Instrumental Activities of Daily Living (IADLs) such as housework, managing money, taking medications and shopping for groceries.



<sup>1</sup> Source: U.S. Department of Health and Human Services National Clearinghouse for Long Term Care Information website, May 2010

<sup>2</sup> Source: Genworth Financial Claims Data, December 2009

<sup>3</sup> Source: National Institute on Aging, National Institute of Health, 2/09