Fall 2006

OWN YOUR FUTURE

SOUTH DAKOTA'S GUIDE TO LONG-TERM CARE RESOURCES

NEWS AND INFORMATION

WHY PLAN NOW FOR LONG-TERM CARE

Owning your future is all about living well, planning early and wisely, knowing your options and taking action.

Most people look forward to retirement as a well-earned reward. However, the nest egg that took so many years to save can disappear rapidly if a person develops a need for long-term care. Studies find that about two-thirds of all Americans will likely need some type of supportive services after age 65.

Without advance planning, it can be difficult to arrange for the type and amount of care you might need. Thinking about care choices before you need them, gives you more options and more time to choose what is right for you and your family.

No one can determine the day when they will need long-term care services, but planning and preparation should occur years before the need.

Key areas to consider when planning for your future:

Communicate with family and friends

Compare and understand long-term care insurance options

Decide who you can count on for help

Establish clear legal directions

Focus on your finances

Learn what your community has to offer

Make necessary home improvements

Take control over your health and personal needs

Use the resources on the back of this newsletter for contact information

OWN YOUR FUTURE

LONG-TERM CARE SERVICES IN SOUTH DAKOTA

Long-term care services may vary in your community, but look for the following options in your area:

Adult Day Services
Assisted Living
Assistive Devices
Caregiver Program
Emergency Response Systems
Homemaker Services
Medication Management
Nursing Homes
Nursing Services
Respite Care
Senior Nutrition Meals
Senior Transportation systems
Telehealth Technology

PAYMENT OF SERVICES

Payment for long-term care includes one's own personal resources, long-term care insurance, and the state's Medicaid program. Medicare will pay for some skilled care after you have been hospitalized for three days and in a Medicare-certified facility for a limited time period.

In FY2006, the average annual nursing home cost in South Dakota was $48,200 or $132 per day. In FY2006, total Medicaid expenditures for nursing home care totaled $131.4 million.

Services covered by Long-Term Care Insurance policies may include the following:

Adult Day Services
Assisted Living
Home Health Care
Hospice Care
Nursing Home Care
Personal Care in your home
Respite Care
Other Community Options

NOTE: Read each policy carefully for coverage.

"We want to help all South Dakotans achieve the highest quality of life possible and that means encouraging them to plan ahead for an active and healthy future," said Gov. Mike Rounds. "Long-term care needs are best met by putting an established plan in place. Join me and be a part of owning your future today."

OWN YOUR FUTURE

"Own Your Future" encourages people between the ages of 45 and 65 to start planning ahead for their future long-term care needs now, instead of waiting until it is too late.

The campaign is a unique partnership between the South Dakota Department of Social Services and the U.S. Department of Health and Human Services.

If you have not already done so, the first step in the planning process to owning your future is to order the Long-Term Care Planning Kit created by the federal government. This planning kit includes some basic facts about long-term care and describes some things you can do to plan for your financial, housing, and healthcare needs as you age. To order:

Call 1-866-PLAN-LTC (1-866-752-6582)!

LONG-TERM CARE INSURANCE

Long-term care insurance is one way to pay for certain long-term care services. These insurance policies, either "tax-qualified" or "non-tax-qualified," are offered by private companies. Check with the Division of Insurance to obtain a list of companies approved to sell long-term care insurance in South Dakota. If you are a federal or state employee, check with your personnel office to learn more about the long-term care options available to you.

Be sure to understand the differences between the policies before choosing the best policy for you. Review all parts of the policy with your tax consultant or legal advisor regarding the tax consequences that may come up in certain situations.

CONSIDER LONG-TERM CARE INSURANCE IF

- You have significant assets and income.
- You want to protect your assets and income.
- You can pay premiums, including possible premium increases, without financial difficulty.
- You want to stay financially independent of the support of others.
- You want to have the flexibility of choosing care in the setting you prefer or will be most comfortable in.

CONTACT INFORMATION AND OTHER RESOURCES

Main Contacts:

- **Department of Social Services Division of Adult Services and Aging**
Phone: 605-773-3656/1-866-854-5465 or Email: ASA@state.sd.us

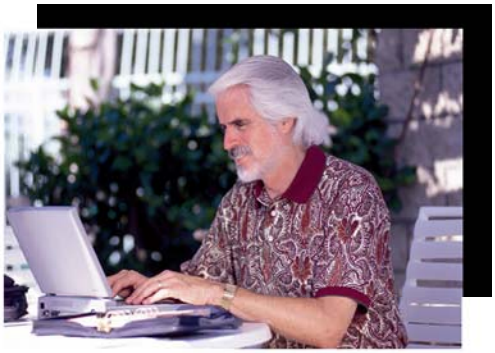
- **Senior Health Information and Insurance Education (SHIINE)**
Phone: 1-800-536-8197 or Email: shiine@cfag.org

- **South Dakota Division of Insurance**
Phone: 605-773-3563 or Email: insurance@state.sd.us

Other Resources:

The following links and resources include information related to long-term care and long-term care insurance:

- **AARP:** www.aarp.org
- **The American Association of Homes and Services for the Aging (AAHSA):** www.aahsa.org
- **American Health Care Association (AHCA):** www.ahca.org
- **America's Health Insurance Plans (AHIP):** www.ahip.org
- **Centers for Medicare and Medicaid Services:** www.cms.hhs.gov
- **Family Caregiving 101:** www.familycaregiving101.org
- **Federal Clearinghouse for Long-Term Care Information:** www.longtermcare.gov
- **Federal Long-Term Care Insurance Program**: www.ltcfeds.com/index.html
- **National Association of Insurance Commissioners (NAIC):** www.naic.org
- **National Care Planning Council:** www.longtermcarelink.net
- **National Council on Aging (NCOA)**: www.ncoa.org
- **Own Your Future**: www.OwnYourFuture.sd.gov
- **Senior Health Information and Insurance Education (SHIINE):** www.shiine.net
- **South Dakota Department of Social Services (DSS):** www.dss.sd.gov/medicaleligibility/longtermcare
- **South Dakota State University, Cooperative Extension Service:** www.sdces.sd.state.edu
- **U.S. Administration on Aging:** www.aoa.gov/ownyourfuture



OWN YOUR FUTURE TODAY!