



# 50 Must-Know Statistics About Long-Term Care

By [Christine Benz](#) | 07-27-14 | 06:00 AM | [Email Article](#)

Perhaps you've bitten the bullet and purchased long-term care insurance, or decided to pay out of pocket for long-term care. Or, if you're like many people, what to do about long-term care is just a nervous thought that flits through your head from time to time--triggered when you hear about a relative being diagnosed with Alzheimer's disease or a friend shouldering the care of an elderly parent.

There's no right answer for everyone. But as you determine your long-term care strategy, it's best to do so fully armed with the facts: the likelihood that you'll need long-term care and what it might cost, the costs and benefits of long-term care insurance, and exactly what the government covers for you (and, mostly, what it does not).

Armed with some data about long-term care costs and insurance, you can weigh these facts against the many intangibles related to long-term care: the burden that caregiving could place on your loved ones, the opportunity cost of paying for long-term care insurance that you might never need, and the peace of mind that can accompany having the insurance.

I provided [a lot of data about long-term care](#) a few years back; but the landscape has changed since then, so it's time for an update. Each statistic includes a link to its source material; wherever possible I aimed to use the most current possible information available from objective sources. (Note to anyone researching long-term care: Insurers crank out a lot of information about the cost and usage of long-term care, but never forget that they have a vested interest in making you believe that the insurance is a must-have for everyone.) All statistics are based on U.S. data.

## Demographics

40.2 million: [Number](#) of Americans age 65 or older in 2010.

88.5 million: [Projected number](#) of Americans age 65 or older in 2050.

67%: [Percentage](#) of Americans age 65 or older who will need some form of long-term care in their lifetimes.

6.3 million: [Projected number](#) of Americans age 85 or older in 2015.

17.9 million: [Projected number](#) of Americans age 85 or older in 2050.

## Usage

15 million: [Number](#) of people in the U.S. using nursing facilities, alternative residential care, or home-care services for long-term care needs, 2000.

27 million: [Projected number](#) of people in the U.S. using nursing facilities, alternative residential care, or home-care services for long-term care needs by the year 2050.

29.5%: [Percentage](#) of nursing home residents who were under age 75 in 2011.

27.5%: [Percentage](#) of nursing home residents who were between the ages of 75 and 84 in 2011.

35.3%: [Percentage](#) of nursing home residents who were between the ages of 85 and 95 in 2011.

7.6%: [Percentage](#) of nursing home residents who were over age 95 in 2011.

67%: [Percentage](#) of nursing home care residents who were female, 2011-2012.

72%: [Percentage](#) of residential care community residents who were female, 2011-2012.

14%: [Percentage](#) of people age 71 or older who suffered from Alzheimer's disease or other types of dementia, 2007.

49%: [Percentage](#) of nursing home residents who suffered from Alzheimer's or other types of dementia, 2011-2012.

4.5 years: [Average length of time](#) someone lives after being diagnosed with dementia.

12%: [Percentage](#) of adults age 65 or older who suffered from depression, 2008.

49%: [Percentage](#) of nursing home residents who suffered from depression, 2011-2012.

2.8 years: [Average length](#) of nursing home stay.

5 months: [Average length](#) of nursing home stay for patients who eventually died in the nursing home.

## Cost of Care

\$87,600: [Median annual cost](#) for nursing home care, private room, nationally, 2014.

4.35%: [Increase in cost](#) of private room in nursing home between 2013 and 2014, nationally.

\$58,765: [Median annual cost](#) for nursing home care, private room, Louisiana, 2014.

\$164,250: [Median annual cost](#) for nursing home care, private room, Manhattan, 2014.

\$42,000: [Median annual cost](#) for assisted-living facility, nationally, 2014.

\$19: [Average hourly rate](#) for home health aides, nationally, 2014.

1.59%: [Increase in hourly rate](#) for home health aides between 2013 and 2014.

34%: [Percentage](#) of seniors who had incomes that were less than 200% of the poverty threshold in 2013 (\$20,916 for individuals and \$26,388 for couples).

## Unpaid Caregivers

80%: [Percentage](#) of long-term care provided by unpaid caregivers at home.

67%: [Approximate percentage](#) of unpaid caregivers who are female.

14%: [Percentage](#) of unpaid caregivers who are age 65 or older.

20%: [Percentage](#) of unpaid caregivers who provide more than 40 hours of care per week.

10%: [Percentage](#) of unpaid caregivers who go from full-time to part-time work because of their caregiving responsibilities.

67%: [Percentage](#) of people who plan to have a loved one provide care but haven't asked.

## State and Federal Funding

\$143 billion: [Amount](#) of long-term care services and supports financed by Medicaid, 2011.

40%: [Percentage](#) of all long-term care costs financed by Medicaid.

\$117,240: [Maximum amount](#) of assets that a healthy spouse can retain for the other spouse to be eligible for long-term care benefits provided by Medicaid. (Actual amounts vary by state.)

100 days: [Amount](#) of care in a skilled nursing facility covered in full or in part by Medicare following a qualifying hospital stay.

## Insurance

24.7%: [Percentage](#) of people who apply for long-term care insurance between the ages of 45 and 54.

54%: [Percentage](#) of people who apply for long-term care insurance between the ages of 55 and 64.

57: [Average age](#) of long-term care insurance applicants.

92.3%: [Percentage](#) of long-term care policies with an elimination period of 90-100 days.

63.7%: [Percentage](#) of new long-term care claims that were opened by people over age 80, 2012.

\$2,466: [Average annual cost](#) for long-term care insurance for a 55-year-old couple, 2012; daily benefit of \$150 with 3% inflation option and three-year benefit period.

\$3,381: [Average annual cost](#) for long-term care insurance for a 60-year-old couple, 2012; daily benefit of \$150 with 3% inflation option and three-year benefit period.

\$6.6 billion: [Amount](#) of long-term care claims paid in 2011.

45.9%: [Average premium increase requested](#) for approval by John Hancock for 8,600 long-term care policies in force in Connecticut, 2014.

1%: [Estimated lapse rates](#) for long-term care insurance policies.

102: [Number](#) of companies selling long-term care insurance policies in 2002.

12: [Estimated number](#) of companies selling long-term care insurance policies at the end of 2009.

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Christine Benz is Morningstar's director of personal finance and author of [30-Minute Money Solutions: A Step-by-Step Guide to Managing Your Finances](#) and the [Morningstar Guide to Mutual Funds: 5-Star Strategies for Success](#). Follow Christine on Twitter: @christine\_benz and on Facebook.