

**LIFE  
INSURANCE**

Indexed Universal with  
Long-Term Care Provided by Riders

# Brighthouse SmartCare®

## A Short Look at Long-Term Care

Planning ahead can help limit the financial impacts that a chronic illness, disability, or other condition can have on your clients' portfolios. The information below is designed to give you an inside look into the long-term care (LTC) industry with insights you can use to start a conversation with your clients.

Long-term care is a range of services provided to people with long-term physical or cognitive limitations. Most LTC is not medical care, but assistance with the basic personal tasks of everyday life such as bathing, continence, dressing, eating, toileting, and transferring (to and from a bed or chair).<sup>1</sup>

Research published by the U.S. Department of Health and Human Services and the Urban Institute suggests that 56% of Americans ages 65 and older are expected to require LTC services,<sup>2</sup> and the average lifetime cost of that care is \$157,500 for an individual and \$315,000 for a couple.<sup>3</sup>

### Who needs care?<sup>2</sup>

**56%**

of people ages 65+ will  
require LTC

**22%**

will require care for more  
than 5 years



**3.6 years**  
Women



**2.5 years**  
Men

### What are the average LTC costs?<sup>4</sup>

**\$9,034/month**

Nursing home, private room

**\$4,500/month**

Assisted living



Home health aide  
**\$27/hour**

Most expensive:  
**Alaska**

**\$1,036/day**

Nursing home,  
private room

Least expensive:  
**Missouri**

**\$195/day**

Nursing home,  
private room

## Who's providing care?<sup>5</sup>

In 2021, an estimated **38 million Americans** spent around **36 billion hours** providing care to adults who need assistance with daily activities. The economic value of this care was about **\$600 billion**.



**30%**

of caregivers are caring for two generations – younger and older



**60%**

of caregivers also work a full- or part-time job

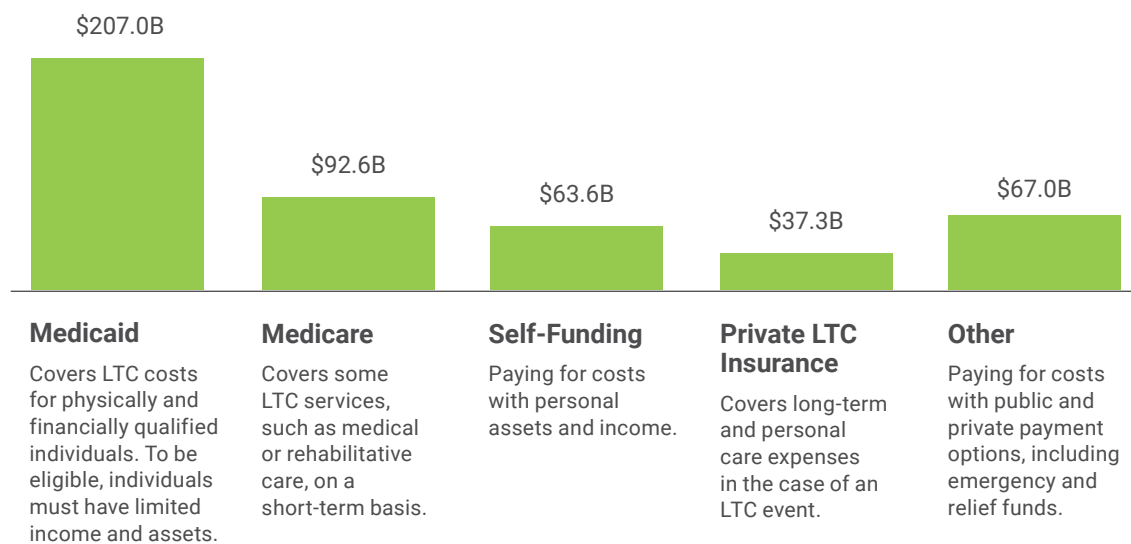


**40%**

of caregivers say that the stress of managing caregiving and paid work is their greatest challenge

## Paying for LTC<sup>6</sup>

**Total LTC costs = \$467.4 billion (2021)**



For information about Brighthouse SmartCare<sup>®</sup> and other LTC resources, talk to your Brighthouse Financial wholesaler or visit [brighthousefinancialpro.com](https://brighthousefinancialpro.com).

- <sup>1</sup> [What is Long-Term Care?](#) U.S. Department of Health and Human Services, February 18, 2020.
- <sup>2</sup> [Long-Term Services and Support for Older Americans: Risks and Financing, 2022](#). Assistant Secretary for Planning and Evaluation (ASPE), August 2022.
- <sup>3</sup> [Fidelity Releases 2023 Retiree Health Care Cost Estimate: For the First Time in Nearly a Decade, Retirees See Relief as Estimate Stays Flat Year-Over-Year](#). Fidelity, June 21, 2023.
- <sup>4</sup> [2022 Genworth Cost of Care Survey](#). Conducted by CareScout®, August 2021.
- <sup>5</sup> [Valuing the Invaluable 2023](#). AARP Public Policy Institute, March 2023.
- <sup>6</sup> [Who Pays for Long-Term Services and Supports?](#) Congressional Research Service, September 19, 2023.

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