

What's your care plan?

A lot of things get better with age. Unfortunately, our health usually isn't one of them.

Care needs can be unpredictable but there are ways to make them more manageable. And it starts by making a plan for your future care needs today. Talk to your financial professional to develop a strategy that's right for you and your loved ones.



92%

of older adults prefer to live out their later years at home³

\$351K

Average lifetime cost of health care for a retired couple¹

Only

55%

of adults know Medicare will not cover most long-term care costs²

85%

of adults over age 65 have a chronic medical condition³



Home health aide costs are **expected to increase 54%** by 2040⁵



Only 4 in 10 adults have talked to loved ones about who will care for them as they age²



There are **48 million** unpaid family caregivers in the U.S.⁴



8 in 10 caregivers say caregiving negatively impacts their career⁶

65% of caregivers say their role is more stressful than any job they've had⁶



\$7,200

average annual out-of-pocket cost for family caregivers⁴

1. "Health care costs climb for retirees. See how much they need to save, even with Medicare." USA Today. Feb. 18, 2024. <https://www.usatoday.com/story/money/personalfinance/2024/02/18/how-much-to-save-for-retirement-healthcare/72588899007/>
2. "The Affordability of long-term care and support services: findings from a KFF survey." KFF. Nov. 14, 2023. <https://www.kff.org/health-costs/poll-finding/the-affordability-of-long-term-care-and-support-services/>
3. "Aging in place statistics (2024)." Forbes. Jan. 24, 2024. <https://www.forbes.com/health/healthy-aging/aging-in-place-statistics/>
4. "AARP Applauds Introduction of the Credit for Caring Act, Much-Needed Relief for Family Caregivers." AARP Press Room. Jan. 31, 2024. <https://press.aarp.org/2024-1-31-AARP-Applauds-Introduction-Credit-for-Caring-Act>
5. Estimate calculated using projected rise in national median costs of care from 2024 to 2040. National Cost of Care Calculator, LTC News. 2024.
6. "Family caregivers are struggling and feel undervalued." The Street. Feb. 12, 2024. <https://www.thestreet.com/retirement-daily/planning-living-retirement/family-caregivers-are-struggling-and-feel-undervalued>

This is a general communication for informational and educational purposes. The information is not designed, or intended, to be applicable to any person's individual circumstances. It should not be considered investment advice, nor does it constitute a recommendation that anyone engage in (or refrain from) a particular course of action. If you are seeking investment advice or recommendations, please contact your financial professional.

Insurance products are issued by Minnesota Life Insurance Company or Securian Life Insurance Company, a New York authorized insurer. Minnesota Life is not an authorized New York insurer and does not do insurance business in New York. Both companies are headquartered in St. Paul, MN. Product availability and features may vary by state. Each insurer is solely responsible for the financial obligations under the policies or contracts it issues.

Securian Financial is the marketing name for Securian Financial Group, Inc., and its subsidiaries. Minnesota Life Insurance Company and Securian Life Insurance Company are subsidiaries of Securian Financial Group, Inc.



PREPARE
PROTECT
SECURE

[securian.com](https://www.securian.com)

400 Robert Street North, St. Paul, MN 55101-2098
©2024 Securian Financial Group, Inc. All rights reserved.
F101262 Rev 3-2024 DOFU 3-2024
3429818