

Plan Today - Own Your Future Tomorrow

What is your vision of the future? Do you imagine yourself healthy and relaxed, walking the beach hand-in-hand with your spouse as your children prepare the party for your golden anniversary?

Are you as prepared for possible long-term care needs as you are for your anniversary party? About 70 percent of people over age 65 will require at least some type of long-term care services in their lifetime. Over 40 percent will need care in a nursing home for some period of time.

Most health insurance plans provide for in-hospital care, doctor visits and preventive health care needs, but they typically do not cover the cost of long-term care. Medicare does not cover these costs either. Minnesota's Medical Assistance Program (Medicaid) only pays for such care on behalf of those with very limited incomes and assets.

Long-term care is expensive. Today, the average annual cost for care in a Minnesota nursing home is over \$67,000 per year and stays can exceed several years. Receiving care at home can cost even more if you need many hours of care every day.

To address this important need, Minnesota is offering an informative consumer website to help you create a plan for your long-term care and ensure a safe and secure future. The information is geared toward Minnesotans of all ages and life situations.

Visit the *Own Your Future* website at mn.gov/ownyourfuture.

It provides resources to start the planning process, including detailed information about long-term care needs, step-by-step planning and financial preparation.

The *Own Your Future* program gives you the tools you need to prepare for your future and remain in control of your lifestyle choices as you age or if you need care at any age.