By 2030, 73 million Americans will be over the age of 65, and with an estimated 70% needing long-term care by that age, Americans need to prepare for their long-term care now rather than later. At present, 7.2 million individuals have protected themselves through a long-term care insurance policy; these are steps in which you can follow their lead.

**Step 1: Examine Your Current Situation**

Consider your age, current health, family health history, and how much you would like to leave for your loved ones before getting LTCI.

**Step 2: Evaluate Your Needs**

Understand your needs and know the kind of LTC you will be requiring. Most people purchase insurance to:

- **Avoid dependence**
- **Maintain affordability of services**

**Step 3: Shop and Compare**

Request quotes from different LTCI companies and start comparing their rates and coverage.

<table>
<thead>
<tr>
<th>TYPE OF CARE</th>
<th>DURATION OF INFLATION PROTECTION INCLUDED</th>
<th>DIFFERENT ELIMINATION PERIODS AVAILABLE</th>
<th>LIMITS TO YOUR CARE PAYMENT</th>
<th>DURABLE MEDICAL EQUIPMENT COVERAGE</th>
<th>A POLICY THAT FITS WITHIN YOUR INCOME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Benefit Period</strong></td>
<td><strong>Elimination Period</strong></td>
<td><strong>Daily Benefit</strong></td>
<td><strong>Inflation Protection</strong></td>
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</tr>
</tbody>
</table>

**Step 4: Choose and Adjust**

Modify the benefits that you would like to get from your LTCI policy to match it to your preferred budget.

**Resources**

- Health Markets. Protect Your Assets With Long-Term Care Insurance. May 2016.

**Talk to an LTCI agent regarding your financial concerns and possible long-term care needs to make an informed decision.**

- How does my health history affect long term care insurance costs?
- Are you certified in Long Term Care (CLTC)?
- Which companies do you represent?
- How many years have you been working in the long-term care insurance industry?
- Do you have a website or a professional page that I could look into as reference?
- In your own words, how does long-term care works and which products beside LTCI can I look into to pay for my LTC needs?