

FOCUS on LONG TERM CARE

A publication from Forrest T. Jones' Long Term Care Insurance Evaluation Service
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FROM THE PROGRAM MANAGER'S DESK

On Sept. 19, 2000, President Clinton signed the "Long-Term Care Security Act" (H.R. 4040) into law. This Act enabled the federal government to offer group long term care insurance policies, on a voluntary basis, to more than 13 million federal employees, postal workers, retirees, and their families.

The plans, which will be mandated as "tax-qualified," will be made available by Oct. 1, 2002.

A host of advertisements and educational information will precede the initial enrollment. No doubt the flurry of information will have an impact on the general public as well as federal employees. This campaign could be a tremendous boost in raising awareness on this subject. It will be interesting

to see how many of the federal employees and retirees actually enroll in a plan, since the premiums will be totally paid by the enrollees, not the taxpayers. Let us hope it is a resounding success.

With Congress going back to work in 2001, the prospects for bi-partisan harmony on many issues look dim. One of the few issues that may have bi-partisan support is some type of bill that would provide individual taxpayers with a form of "above the line" deductibility for tax-qualified long term care insurance policies. With the vast majority of America's 77 million baby-boomers yet to adequately plan for their potential long term care needs, providing improved tax breaks to individuals who own tax-qualified long term care insurance plans is the right thing to do. If this is an important issue to you, please give your representative a call, or send an e-mail to firstname.lastname@mail.house.gov (fill in your representative's first and last name). □



Mark Iglehart,
Program Manager

In today's world of fancy computer programs and elaborate Internet sites, there is still no substitute for the value added by experienced professionals like the long term care insurance specialists at Forrest T. Jones. To schedule a phone consultation with the licensed representative for your state, please call (800) 821-7303. Or, e-mail your request to miglehart@ftj.com.

Dear Mr. Iglehart

I must thank you for assisting me with the purchase of my long term care insurance plan. I am busy reading through the information in the packet so that I can communicate its contents to my children. I am pleased to know that you are available to help me clarify the provisions of my policy and to provide service in the future.

Sincerely,
C. Howard, Ph.D.
Member Phi Delta Kappa
White Plains, Maryland

FEMALE CAREGIVERS AT GREATER RISK FOR PSYCHIATRIC ILLNESSES

An analysis of 30 empirical research reports published between 1985 and 1998 reveals that at all stages of the stress process female caregivers of frail elderly are at greater risk for psychiatric illness than are their male counterparts. Not only do female caregivers report higher levels of depression, anxiety and general psychiatric symptoms, they also report lower levels of life satisfaction than male caregivers. The analysis also revealed that these psychiatric symptoms were directly related to caring for a frail elderly relative.

The fact that women face and respond to more demands of caregiving than men do is the root cause of their higher stress. Women are more involved in housework and in hands-on personal care. Women are also less likely to obtain informal support for caregiving, and more likely to remain in the caregiving role longer than men. Women who provide LTC to a frail elder are less likely than men to practice preventive

health behaviors such as getting rest and exercise, taking time to make appointments with the doctor and taking medications.

Unlike women, who generally provide continual LTC, men tend to get involved intermittently in such tasks as providing transportation and perhaps care management. Men, unfamiliar with the caregiving role, tend to seek outside assistance, both paid and volunteer, while women do not.

LTC Comment: It is estimated that women provide more than 70% of the informal LTC in the country. LTC insurance can be of invaluable assistance to women in relieving some of the stressors and/or the levels of stress that result in psychiatric morbidity by providing both physical and emotional relief from the burdens of caregiving. From this perspective LTC insurance is much more than a mere financing mechanism. It is preventative mental healthcare.

(Taken from AUL Reinsurance Management Services LTC News & Comment, July 2000)

Did You Know ...?

According to a study commissioned by the Alzheimer's Association, someone who works full-time and also has caregiving responsibilities is absent from work 12 full or partial days per year, is interrupted an average of 50 hours per year and has other work time losses totaling 23 days per year.

If everyone applied for long-term care insurance at age 65, between 12 and 23 percent of those persons would not be eligible because of underwriting criteria. If you wait to apply, you may not qualify.

Agency for Health Care Policy and Research, U.S. Dept. of Health and Human Services, Pub.No.97-0054, July 1997.

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 Forrest T. Jones & Company, Inc.
 P.O. Box 418131
 Kansas City, MO 64141-9131