

## **AVOID BECOMING A BURDEN TO YOUR CHILDREN!!**

Many Baby Boomers (those born between 1946 and 1964) have expressed concern about the possibility of becoming a burden to their children. Nobody willingly wants this to happen, yet it does.

A 2015 survey conducted by the National Alliance for Caregiving and AARP: approximately 34.2 million Americans provided unpaid care to an adult age 50 or older...

*This is what you need to know:*

1. People are living longer than ever before and with that comes the increased probability for needing Long Term Care. As a matter of fact, 70% of people over the age of 65 will need Long Term Care! Some will need it for a short time and others for years to come.

The average Long Term Care Claim runs approximately 3 years. For women, it can last even longer.

The problem: for the most part, Baby Boomers are not great savers. The previous generation, that lived through the Depression, were great savers and maybe had adequate savings for Long Term Care. Although, costs of Long Term Care are steadily rising and you have to ask yourself how much is enough to take care of the costs.

2. Most people have not had a conversation with their family in regards to their “final wishes”. Whether its cremation or a traditional burial, its important for your family members to know what you would like to happen. Otherwise, adult children scramble for solutions and arguments ensue about what Mom or Dad wanted.

One of the best decisions I ever made was to do pre-need planning for my mother. When she passed, I was grief-stricken just like any loved one would be, yet everything was taken care of with one phone call. I strongly recommend it.

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