Preparing for Long-Term Care Expenses: A 2026 Financial Planning Guide

Long-Term Care (LTC) can cost six figures - and many NJ and PA families don't realize it until a crisis hits. This guide helps you understand the risk and start planning around it.

Who is this for?

Designed for individuals and couples ages 35–70 in South Jersey and Greater Philadelphia who want to protect their retirement lifestyle.

Will You Face Long-Term Care Costs?

People turning age 65 in the coming years face very different long-term care experiences — from no paid care at all to well over $250,000 in costs.

33%	37%	10%	20%
No paid LTC costs	Up to $99,000	$100K - $250K	More than $250K

What is Long-Term Care?

LTC means help with everyday activities when you can't manage them on your own for an extended period (90 days or more). It often is not fully covered by Medicare.

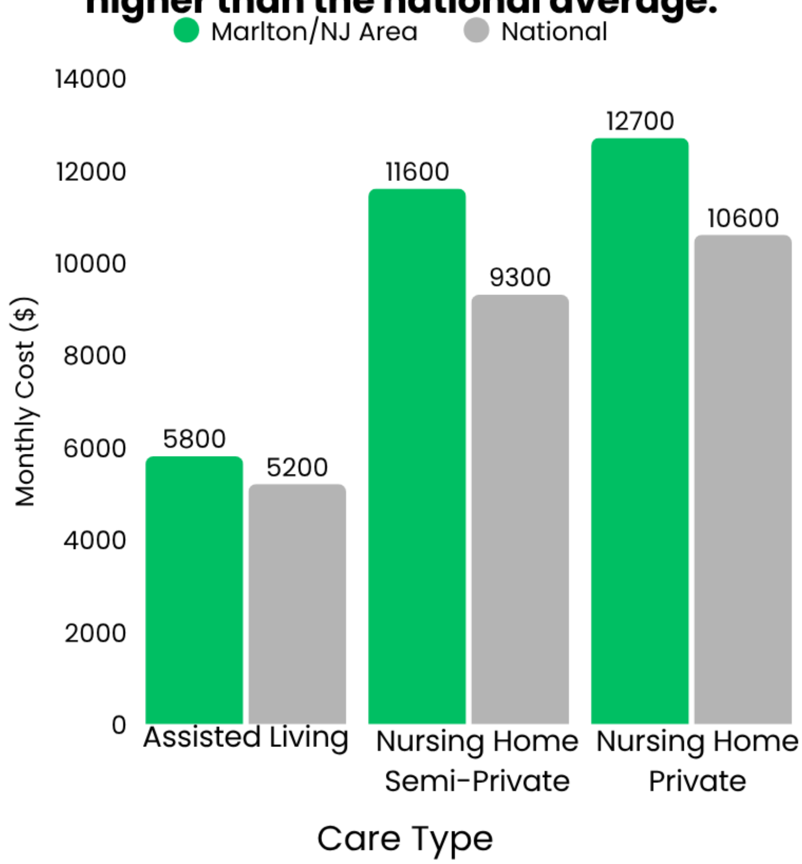
- **Bathing and dressing**
- **Getting in and out of bed or chair**
- **Using the toilet and managing continence**
- **Eating**
- **Ongoing supervision for memory issues like dementia**

How LTC Fits into your Retirement Plan

- **Clarify Your Preferences:** Discuss in-home care versus residential facilities.
- **Identify Caregivers:** Talk with family about who might realistically help and for how long.
- **Keep Flexibility:** Maintain liquid savings and consider insurance or other strategies.
- **Coordinate LTC with broader goals:** Work with a Certified Financial Planner to include LTC funding in your retirement strategy.

Monthly Care Costs: Marlton / NJ vs National

Local long-term care costs are generally higher than the national average.



In every category, Marlton / NJ long-term care costs are higher than the national average - especially for nursing homes.

Who Really Pays for Long-Term Care? Medicare only covers short-term skilled care after a hospital stay; it does not pay for ongoing custodial help like bathing, dressing, or supervision for dementia. Medicaid can cover broader long-term care services, but you must meet strict income and asset limits, which can be disruptive if you haven't planned ahead.

How People Actually Pay for Care

When long-term care is needed, families usually piece together several sources. Public programs help, but many costs still fall on personal savings.

- **Public Programs:** Medicare for short-term skilled care; Medicaid for longer-term needs if you meet income and asset rules.
- **Personal Savings & Investments:** Retirement accounts, cash reserves, and taxable portfolios.
- **Home Equity:** Downsizing, selling, or other strategies to free up value.
- **Insurance Options:** Traditional LTC policies, hybrid life/LTC, or annuity-based strategies.
- **Unpaid Family Caregiving:** time, energy, and lost income that don't show up on a bill.

Smart planning connects your retirement goals to realistic "who pays" strategies if care is needed

LTC and Your Retirement Plan

Your Retirement Goals

Lifestyle, travel, family, legacy

Potential Long-Term Care Event

Home care, assisted Living, memory care, nursing home

Covered by Public Programs	**Covered by Personal Savings & Investments**	**Covered by Insurance Strategies**
Medicare, Medicaid	Retirement accounts, home equity	LTC insurance, annuities

Planning for LTC with a Local CFP Professional

A planner who understands South Jersey and Greater Philadelphia costs can help you build a clear, realistic plan for potential long-term care—without derailing your retirement goals.

- **Review your retirement income:** See how much room you have to absorb LTC expenses.
- **Assess where you plan to live:** LTC costs vary by region and type of facility.
- **Evaluate insurances:** LTC insurance, hybrid life/LTC policies, or annuity-based strategies.
- **Protect a spouse's lifestyle:** Income design, survivor benefits, and asset-location strategies.
- **Identify back-up plans:** Use your portfolio and home equity so you're not forced into rushed decisions.

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Retirement and long-term care planning for NJ and PA families

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