



**Planning Tool for Long Term Care Expenses – Page 1 – Current Information**

Assets		Income		Expenses	
List your current assets and their value:		List all sources of monthly income:		List your current expenses (monthly):	
Asset	Amount / Value	Source of Income	Amount	Expense	Amount
Home Primary Residence		Social Security		Mortgage	
Bank account Name:		Pension From:		Rent	
Bank account Name:		Pension From:		Utilities	
IRA		Military retirement		Groceries	
CDs		Disability Compensation		Medical insurance	
401k		Income from rental property		Car insurance	
Cash value life insurance		Dividends, interest		Other insurance	
Annuity		Withdrawal from IRA		Other insurance	
Personal property Vehicle:		Withdrawal from 401k		Clothing	
Personal property Vehicle:		Earned income (part or full time employment)		Church and/or charitable contributions	
Other personal property		Other		Out of pocket medical expenses	
Other real estate (not primary residence)		Other		Discretionary spending	
Other		Other		Other	
TOTAL		TOTAL		TOTAL	



**Planning Tool for Long Term Care Expenses – Page 2 – Planning Page**

**In this section, you anticipate what costs you may have for long term care, based on your NEEDS and PREFERENCES**

<b>If you prefer to remain in your own home, what expenses do you anticipate?</b>		<b>If you prefer to consider Assisted Living, what expenses do you anticipate?</b>		<b>If you need to go to a nursing home for long term care, what expenses do you anticipate?</b>	
<b>Expense</b>	<b>Amount</b>	<b>Expense</b>	<b>Amount</b>	<b>Expense</b>	<b>Amount</b>
Caregivers ____ hours /month		Assisted living facility Choice 1		Skilled nursing facility – choice 1	
Home modifications		Assisted living facility Choice 2		Skilled nursing facility – choice 2	
Additional out of pocket medical costs		Assisted living facility Choice 3		Skilled nursing facility – choice 3	
Adult day care ____ hours / month					
Other: _____ _____ _____	_____ _____ _____	If you choose Assisted Living, what amount from your current expenses (see page 1) will no longer be needed? (i.e., rent, mortgage, utilities, etc.)		If you need nursing home care, what amount from your current expenses (see page 1) will no longer be needed? (i.e., rent, mortgage, utilities, etc.)	
<b>Final Step: Evaluate your information. Will your current income and expenses cover your anticipated costs? If yes, for how long? If no, what other options will you need to consider? NOTE: This is a planning tool only and is not legal or financial advice. Contact a financial advisor, attorney and/or accountant of your choice for additional guidance, if needed. Caring Strategies professionals can help you understand the differences among the various types of services and facilities, and the qualifying criteria for each.</b>					