



# Utah Aging & Disability Resource Connection Newsletter

**February 2012**

**American Heart Month...a month to spread awareness about the importance of heart health.**

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## News

### **Long-Term Care Insurance - What Everyone Needs to Know**

#### **1. Ten Misconceptions About Long-Term Care Insurance:**

Seventy percent of all Americans age 65 and older will likely need some form of long-term care (LTC), according to a study in the journal Inquiry. That includes nursing home care as well as assistance with activities of daily living (ADLs): toileting, bathing, dressing, eating, transferring out of bed and incontinence care. Read [on](#) for assistance in deciding to make the investment.

#### **2. Find out how much one may need to save for long-term care:**

In order to help you understand what long-term care is, how and where you can get information and services you need - now or in the future, and how to pay for services, click [here](#).

#### **3. Personal Stories:**

In the last years of Martin Privot's life, his family had to start selling his assets to pay for his nursing home costs. Read [more](#) about this family's experience.

#### **4. Understanding One's Choices about Long-Term Care:**

Learn about choices and get useful [tips](#) about making long-term care decisions for a family member or oneself.

# Upcoming Events

## **Webinar Trainings 2012**

**March - Medicaid Estate Recovery**

**April - My Case**

**May - Assistive Technology**

**June - Vocational Rehabilitation**

*Utah's ADRC can help you find the information you need to access community resources and services for seniors and persons with disabilities of all ages. To learn more about the ADRC, visit our [website!](#)*

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