



LONG-TERM CARE... DID YOU KNOW?

Did You Know...

▶ **Almost 70% of people turning age 65 will need long term care services and supports at some point in their lives.**

(Source: LongTermCare.gov, November 2016)

▶ **About 67% of nursing home residents and 70% of assisted living residents are women.**

(Source: Long-Term Care Providers and Services Users in the United States, February 2016, National Center for Health Statistics)

▶ **The national median daily rate in 2017 for a private room in a nursing home was \$267, an increase of 5.5% from 2016.**

(Source: Genworth 2017 Cost of Care Survey, August 2017)

▶ **The average length of a nursing home stay is 835 days...more than two years.**

(Source: Centers for Disease Control and Prevention, Nursing Home Care FastStats, last updated February 2016)

▶ **At a median daily rate of \$267, an average nursing home stay of 835 days currently costs almost \$223,000, making it virtually unaffordable for many Americans.**

▶ **Medicare does not pay for long-term care services, as explained by the Social Security Administration: "About Social Security and Medicare... Social Security pays retirement, disability, family and survivors benefits. Medicare, a separate program run by the Centers for Medicare & Medicaid Services, helps pay for inpatient hospital care, nursing care, doctors' fees, drugs, and other medical services and supplies to people age 65 and older, as well as to people who have been receiving Social Security disability benefits for two years or more. Medicare does not pay for long-term care, so you may want to consider options for private insurance (emphasis added)."**

Please contact my office if you're interested in discussing possible long-term care funding solutions.

Brought to you by:
David White & Associates
Crow Canyon Place
San Ramon, CA 94583
Phone: 1-800-548-2671
Fax: 925-277-2601
info@dwassociates.com
<http://www.dwassociates.com>

QUOTES

from the Masters...

On Experience

"Don't let the learning from your own experiences take too long. If you have been doing it wrong for the last ten years, I would suggest that's long enough!"

-- Jim Rohn

"For years I have been accused of making snap judgments. Honestly, this is not the case because I am a profound military student and the thoughts I express, perhaps too flippantly, are the result of years of thought and study."

-- George S. Patton

On Mastery

"With more success, comes greater problems along with greater ability to solve them."

-- Mark Victor Hansen

"Challenge everything you do. Expand your thinking. Refocus your efforts. Rededicate yourself to your future."

-- Patricia Fripp

"A professional is a person who can do his best at a time when he doesn't particularly feel like it."

-- Alistair Cooke

MESSAGES

from the Masters...

CHANGE BEGINS WITH CHOICE

by Jim Rohn

Any day we wish; we can discipline ourselves to change it all. Any day we wish; we can open the book that will open our mind to new knowledge. Any day we wish; we can start a new activity. Any day we wish; we can start the process of life change. We can do it immediately, or next week, or next month, or next year.

We can also do nothing. We can pretend rather than perform. And if the idea of having to change ourselves makes us uncomfortable, we can remain as we are. We can choose rest over labor, entertainment over education, delusion over truth, and doubt over confidence. The choices are ours to make. But while we curse the effect, we continue to nourish the cause. As Shakespeare uniquely observed, "The fault is not in the stars, but in ourselves." We created our circumstances by our past choices. We have both the ability and the responsibility to make better choices beginning today. Those who are in search of the good life do not need more answers or more time to think things over to reach better conclusions. They need the truth. They need the whole truth. And they need nothing but the truth.

We cannot allow our errors in judgment, repeated every day, to lead us down the wrong path. We must keep coming back to those basics that make the biggest difference in how our life works out. And then we must make the very choices that will bring life, happiness and joy into our daily lives.

And if I may be so bold to offer my last piece of advice for someone seeking and needing to make changes in their life - If you don't like how things are, change it! You're not a tree. You have the ability to totally transform every area in your life - and it all begins with your very own power of choice.

The purpose of this newsletter is to provide information of general interest to our clients, potential clients and other professionals. The information provided is general in nature and should not be considered complete information on any product or concept described.

David White & Associates are Registered Representatives and Investment Advisor Representatives offering securities and investment advisory services solely through Ameritas Investment Corp. (AIC), a registered Broker/Dealer, Member FINRA/SIPC and a registered investment advisor. AIC is not affiliated with David White & Associates. Additional products and services may be available through David White & Associates that are not offered through AIC. Representatives of AIC do not provide tax or legal advice. Please consult your tax advisor or attorney regarding your situation.

Published by The Virtual Assistant; © 2018 VSA, LP