

# IMPACT



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## University of Idaho Extension Seminars Educate Idahoans About Long Term Care

### *The Situation*

Most Americans will encounter the need for long term care, either for themselves or a loved one. Long term care (LTC) refers to a broad range of supportive medical, personal and social services for people who are unable to provide for their own needs for an extended period of time. This need for care from others may be caused by accident, illness, dementia, stroke, depression, or frailty. The costs of a rapidly growing generation of elderly people needing care are placing significant pressure on care-giving family members and government programs. One year in an Idaho nursing home costs \$50,000 or more; the average stay is 2.3 years. Individuals and families need to understand long term care options, costs and plan for a “later life” of health and dignity.

### *Our Response*



University of Idaho (UI) Extension faculty partnered with AARP-Idaho to offer *Long Term Care: For You and Your Loved Ones* seminars for Idaho residents. AARP-Idaho provided more than \$156,000 of grant and in-kind support. AARP’s contributions enabled Extension to offer the seminars at no-cost to participants. University of Idaho Extension

educators planned, implemented, and evaluated 10 four-hour seminars in 2006.

Seminar Locations	2006 Dates	# Attendees
Boise	6/16	148
Homedale	9/17	27
Idaho Falls	5/6	66
Montpelier	5/1	9
Nampa	6/3	133
Lewiston	5/13	53
Orofino	4/29	41
Pocatello	10/28	100
Rupert	5/20	52
Twin Falls	5/13	102

Workshop participants learned how to plan for LTC, manage its risks, and protect their financial security despite LTC’s high costs. Topics explained during the workshop and presenters include:

- Local Resources for Long Term Care—Area Agencies on Aging.
- Should You Purchase Long Term Care Insurance?—Jerome County Extension educator or Idaho State Department of Insurance.
- Can I Get Help With Long Term Care Medical Costs?—Department of Health & Welfare or Idaho Legal Aid Services or local elder law attorney.

### *Program Outcomes*

Since 2003 University of Idaho Extension and AARP-Idaho have co-sponsored twenty-six seminars reaching nearly 2,000 Idaho residents. More than 730 Idahoans attended Long Term Care seminars during 2006. Forty-six percent of seminar

participants were age 65 or younger. Evaluations returned at the conclusion of the 2006 seminars indicate:

- 95% of participants have a better understanding of long-term care issues than before the workshops
- 93% increased their knowledge of long-term care options
- 91% agreed that information provided will help them make long-term care decisions
- 71% learned ways to pay for long-term care

Participants commented that as a result of this seminar they would:

- Help parents with long-term care decisions
- Set up a guardianship for a disabled child
- Consider purchasing long-term care insurance
- Review my current long-term care insurance for adequate coverage

### **The Future**

University of Idaho Extension faculty will continue to offer Long Term Care seminars during 2007 in partnership with AARP-Idaho and our cooperators. Copies of a video filmed by AARP at the Boise Long Term Care seminar will be distributed to community libraries throughout Idaho, thus educating thousands of additional Idaho residents about this important topic.

### **Cooperators and Co-sponsors**

AARP-Idaho; Area Offices on Aging; Idaho Department of Health and Welfare; Idaho Legal Aide; Dennis Voorhees, Attorney at Law

## ***For More Information***

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