



Carry the Conversation: Be the Voice for Long-Term Services and Supports

#CarryTheConvo

With 10 million young people ages 18-35 providing care to loved ones—one in every three millennials—caregiving in America is a national issue of critical interest to younger adults. Given that almost half of all people in America will require assistance with everyday activities in the future, like walking, eating and bathing, long-term services and supports (LTSS) will assuredly affect millennials now or in the years to come.

LTSS is expensive. Average costs for in-home assistance are \$48,000 annually or \$96,000 annually for a nursing home, with most families paying more than 50% of costs out-of-pocket. Medicare does not pay for most LTSS and many long-term care insurance plans are expensive, or the policies are inadequate. Increasingly, the cost—and the responsibility—of caregiving falls to millennials who forgo college, careers, marriage, and retirement savings to provide care.

LeadingAge, the trusted voice for aging in America, is spearheading a national effort to find workable solutions to address this issue and support the millions of millennials who try to pay for and provide care for loved ones. The first step is building awareness among millennials—those providing care and those who will in the future—followed by education and conversation. Millennials can educate themselves on the issue and then start a conversation with their family and friends about how they will meet LTSS needs.

Beyond starting the conversation within individual families, millennials can advocate at the state and federal level. By becoming educated on the issues surrounding LTSS, millennials can advocate for affordable options by carrying the conversation to policymakers and asking what their plans are to deal with LTSS financing and caregiver supports. Lawmakers must act to stem this national crisis.

With social programs under threat and the 65-and-older population projected to reach 75.5 million by 2030, the time is now for accountability and action.

Millennials can lead this movement.



HOW TO GET INVOLVED

- **Get educated.** Find facts, tools, and resources at CarryTheConvo.org.
- **Share.** Join our community on Facebook, Twitter, LinkedIn, and Instagram (@LeadingAge) using #CarryTheConvo
- **Carry the conversation.** Ask elected officials what their plan is for financing America's LTSS needs. It's a problem that won't go away on its own.

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