# The Long-Term Care Landscape:
## Trends, Costs, and Planning Realities

As Americans experience longer lifespans, the demand for long-term care services continues to increase alongside the cost of care. Because many adults remain uninsured, unmanaged care needs can place significant emotional and financial demands on families.

Explore the data below to understand why a dedicated long-term care strategy is an important component of a comprehensive financial plan.

## The Growing Need for Care

**82 Million Seniors**

The U.S. population aged 65 and older is projected to reach 82 million by 2050.[1]

**Only 3%**

of U.S. adults aged 50 and older hold dedicated private long-term care insurance.[3]



**~70%**

of adults turning 65 are projected to require some form of long-term care services during their lifetime.[2]

## Projected Rising Costs of Care

**34%**

National median monthly nursing home expenses are estimated to climb by more than 34% over the next decade.[4]

### Semiprivate Room[4]

2026 Median **$9,842/mo**

2036 Projection **$13,227/mo**

### Private Room[4]

2026 Median **$11,294/mo**

2036 Projection **$15,179/mo**

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## The Toll on Families and Caregivers

### $1.01 Trillion in Unpaid Support

Family caregivers provide an estimated 49.5 billion hours of uncompensated care annually, valued at approximately $1.01 trillion in economic contribution.[5]





**47%**

Nearly half of surveyed family caregivers report financial setbacks related to care expenses, such as drawing down savings or taking on debt.[5]

Nearly two-thirds of family caregivers report high emotional stress; strained spousal caregivers age 66–96 face a 63% higher mortality risk compared to non-caregivers.[6]

**64% Report High Stress[6]**



## Considerations for Retirement Portfolios

### Under 5 Months of Coverage

Households aged 75 and older hold a median of $50,000 in liquid financial assets—equivalent to less than five months of median private nursing home care.[5]



**60%**



### Asset Spend-Down Rate

More than 60% of nursing home residents with stays of four years or longer exhaust their non-housing personal assets and qualify for Medicaid.[7]

**80% Leave No Inheritance[8]**

Among middle-class families experiencing an extended care event of three years or more, over 80% leave zero financial inheritance to surviving heirs due to accumulated care expenses.[8]

Sources
1. U.S. Census Bureau (2023)
2. U.S. Senate Special Committee on Aging / HHS (2025)
3. Kaiser Family Foundation (2023)
4. SeniorLiving.org (2026 Projections)
5. AARP Public Policy Institute (2026)
6. AARP / National Alliance for Caregiving (2025)
7. JAMA Network Open (2025)
8. Center for Retirement Research at Boston College (2023)

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