

She has given you so much. Now it's your turn to give back.

Have a long-term care conversation with your mom.

What better way to show your mother how much you care than talking with her about long-term care? A majority of America's Millennials and Gen Xers are doing just that according to a recent survey sponsored by Lincoln Financial Group.* They're having meaningful conversations with their

mothers about serious matters, like her health and long-term care. Why? Because addressing the challenges of long-term care is the first step to understanding potential risks and taking action to protect mom, yourself and your loved ones. Here are some of the highlights of the survey.



Mothers of Millennials and Gen Xers are more likely to be open to long-term care information than mothers of Boomers.*

78%
Mothers of Millennials

77%
Mothers of Gen Xers

62%
Mothers of Boomers



60% of caregivers are females (average age 49) who are likely to spend more than

24 hours per week providing care.†



Women caring for parents are **2X** as likely as women not caring for parents to experience depression or anxiety.‡

Nearly **40%** of Americans who are age 65 have at least 1 disability, including difficulty walking and climbing stairs.§

69% of Americans are able to provide their mothers some kind of support with long-term care.*

33%

are able to provide care in their home

19%

are able to provide financial care

16%

are able to provide both

*Omnibus Cavarano® survey conducted by ORC International. This report presents the findings of a survey conducted among a sample of 2,046 adults comprising 1,017 men and 1,029 women 18 years of age and older. The online Omnibus study is conducted twice a week among a demographically representative U.S. sample of 1,000 adults 18 years of age and older. This survey was live from April 4–10, 2016.

†AARP, "Caregiving in the U.S.," http://www.caregiving.org/wp-content/uploads/2015/05/2015_CaregivingintheUS_Final-Report-June-4_WEB.pdf, June 2015.

‡Source: Press Release (2002, August). Reverberations of family illness: A longitudinal assessment of informal caregiving and mental health status in the nurses' health study. American Journal of Public Health, as quoted in Family Caregiver Alliance, "Women and Caregiving: Facts and Figures," February 2015, <https://caregiver.org/women-and-caregiving-facts-and-figures>.

§He, Wan and Luke J. Larsen, U.S. Census Bureau, American Community Survey Reports, ACS-29, Older Americans With a Disability: 2008–2012, U.S. Government Printing Office, Washington, DC, 2014.

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