

Long-Term Care: Are Older Adults Ready?

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Long-term care includes services designed to meet a person’s health or personal care needs (like bathing, dressing, eating / making meals, taking medications) when they can no longer perform such activities on their own.

Q1. If you needed to permanently move into a nursing home, who do you think would pay for this care? Select all that apply.

1. Medicare
2. Medicaid
3. My long-term care insurance
4. Me and / or my family from personal financial resources

Q2. Looking to the future, how likely do you think it is that you will need long-term care (either home care, assisted living, or nursing home)?

1. Very likely
2. Somewhat likely
3. Somewhat unlikely
4. Very unlikely

Q3. How confident are you with being able to afford to pay for the following types of long-term care in the future?

	Very confident	Somewhat confident	Not very confident	Not at all confident
Home care				
Assisted living				
Nursing home				



Q4. Which of the following things have you done to plan for your long-term care needs in the future? Select all that apply.

1. Bought long-term care insurance
2. Looked into or visited assisted living / nursing home facilities I would consider moving to
3. Designated a durable power of attorney for medical care
4. Made home modifications to help me age in place
5. Identified people in my life who could serve as caregivers
6. None of the above

Q5. Have you discussed your long-term care plans / options with any of the following people? Select all that apply.

1. Spouse / partner
2. Children
3. Grandchildren
4. Close friend
5. Other relative
6. Health care provider(s)
7. I have not discussed my long-term care plans with anyone

Q6. If you needed assistance with daily activities in the future, which setting / option would you most prefer? Select one.

1. In my home with family / friend caregivers
2. In my home with paid caregivers
3. In my home without help
4. Move to an assisted living facility
5. Move to a nursing home
6. Move in with a family member / friend caregiver

Q7. Please rate your level of agreement or disagreement with the following.

	Strongly agree	Agree	Disagree	Strongly disagree
I am worried about my future need for long-term care.				
My need for long-term care seems too far off to make plans for it.				
I know how to plan for my long-term care needs.				
I will let my family make decisions about my long-term care for me.				



Q8. What is your overall impression of nursing homes and assisted living?

	Mostly positive	Mostly negative	Unsure
Nursing homes			
Assisted living			

Q9. When you think about nursing homes, are any of the following concerns for you? Select all that apply.

1. Quality of care (overall care and safety)
2. Quality of life (such as comfort of facility, activities)
3. Medication errors
4. Boredom / loneliness
5. Staffing
6. Spread of infections
7. Cost
8. None of the above

Data Source and Methods

This National Poll on Healthy Aging report presents findings from a national household survey conducted exclusively by NORC at the University of Chicago for the University of Michigan’s Institute for Healthcare Policy and Innovation. This survey module was administered online and by phone from August 5th–27th, 2024, to a randomly selected, stratified group of U.S. adults age 50–94 (n=3,486), with an oversample of non-Hispanic Black, Hispanic and Asian American and Pacific Islander populations. The survey completion rate was 36% among panel members invited to participate. The margin of error is +/- 1 to 4 percentage points for questions asked of the full sample and higher among subgroups.

The sample for the Michigan Poll on Healthy Aging included Michigan respondents ages 50–94 (n=1,175); 349 from the AmeriSpeak probability-based panel, and 826 from non-probability panels. The survey completion rate was 39% among probability-based panel members in Michigan that were invited to participate. The margin of error is +/-1 to 4 percentage points for questions asked of the full Michigan sample and higher among subgroups.

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