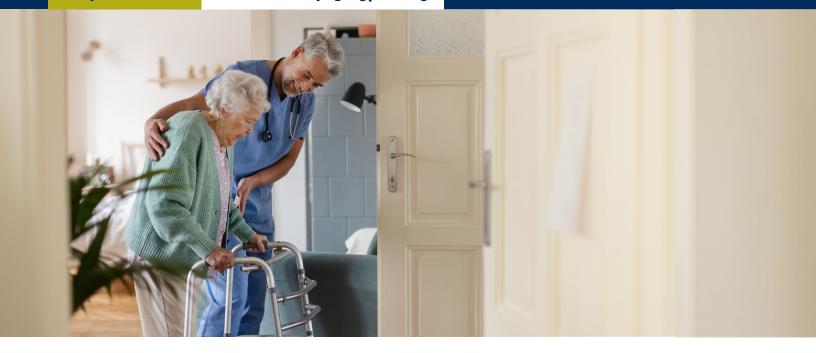
#### POLL QUESTIONS

### **Long-Term Care: Are Older Adults Ready?**



**May / June 2025** 

www.healthyagingpoll.org



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<br>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<br>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)
- 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.

#### **National Poll on Healthy Aging Team**

**Jeffrey Kullgren, MD, MS, MPH**Director

Erica Solway, PhD, MPH, MSW

**Deputy Director** 

Scott Roberts, PhD Associate Director

Ana T. Montoya, MD, MPH Faculty Collaborator

Julie P.W. Bynum, MD, MPH Faculty Collaborator

**Dianne Singer, MPH**Poll Manager

Matthias Kirch, MS Data Lead

**Nicholas Box, MPA**Data Analyst

Sydney Strunk, MPH Research Specialist

Emily Smith, MA Multimedia Designer

#### The Regents of the University of Michigan

Jordan B. Acker (Huntington Woods), Michael J. Behm (Grand Blanc), Mark J. Bernstein (Ann Arbor), Paul W. Brown (Ann Arbor), Sarah Hubbard (Okemos), Denise Ilitch (Birmingham), Carl J. Meyers (Dearborn), Katherine E. White (Ann Arbor), Santa J. Ono (ex officio)

The University of Michigan is a Non-discriminatory, Affirmative Action Employer. © 2025 Regents of the University of Michigan