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Webinars

OFFICE LOCATIONS

Multiple office locations for your convenience.

Virginia Beach (Main Office)

500 Viking Drive, Suite 202

Norfolk Office

319 W. 21st St., Suite B

Chesapeake Office

1545 Crossways Blvd. Suite 250

Suffolk Office

3345 Bridge Road, Suite 916

Newport News Office

11815 Fountain Way, Suite 300

Phone: 757-530-7011

Fax: 757-233-3600

FREE SEMINAR SCHEDULE

Estate Planning Seminar: PLAN NOW TO PROTECT YOUR LOVED ONES:

Discover the Secrets You Need to Know When Creating Your Estate Plan



Thursday, August 25th at 2:00 P.M.

Alperin Law Virginia Beach Office

500 Viking Dr. STE 202, Virginia Beach, VA 23452

DURING OUR SEMINARS, YOU WILL LEARN:

- How to protect your home & assets from the costs of long-term care; Costly misconceptions about planning for your senior years
- How to plan your estate should you become physically or mentally incapacitated
- How to protect your family from losing their inheritance to greedy in-laws, divorce, lawsuits, creditors, and government claims!
- How to protect your valuable IRAs (and retirement plans) so they may later provide much-needed retirement income for your loved ones.
- Why wills don't protect assets from nursing home costs and how certain trusts can provide powerful asset protection



REQUEST A FREE COPY OF OUR GUIDES!

if you cannot attend a seminar on these dates,
please call our office & we will mail you a free copy of
"Alperin Law's Family Asset Protection Survival Guide"
or **"Don't Go Broke in a Nursing Home"**

Call us today to register at **757-530-7011** or register online at www.alperinlaw.com

Your Alperin Law Monthly Newsletter

FROM SCOTT'S DESK



Planning to Care for a Loved One with Dementia

A diagnosis of Alzheimer's disease or another related Dementia can be overwhelming for both the affected individual & their family.

I personally am among those who have had a loved one diagnosed with dementia, so I understand the massive physical and emotional impact of caregiving firsthand. It can be difficult watching the person you know and love struggle with losing their memory, skills, and abilities. A challenge a lot of people don't talk about as much is the huge financial toll that caring for a person living with dementia can bring.

In a recent report, the Alzheimer's Association estimates the total lifetime cost of care for an individual living with dementia to be approximately \$373,527. Planning for the choices & cost of care associated with memory care services is important to do, as soon after diagnosis as possible, to not only honor the wishes of the affected loved one but to prepare yourself mentally and financially as well.

The Cost of Caring for A Loved-One with Dementia—And How to Pay for It

As the disease progresses, so will the level of care your loved one requires—and so do the costs of that care. **Common care costs include, but are not limited to:** Ongoing medical treatment for Alzheimer's-related symptoms, diagnosis and follow-up visits; Treatment or medical equipment for other medical conditions; Safety-related expenses, such as home safety modifications or safety services for a person who wanders; Prescription drugs; Personal care supplies; Adult

day care services; In-home care services; and Full-time residential care services.

Care for a person with dementia can last years, and there are few outside resources to help pay for this kind of care. While medical or other forms of insurance may cover some of these costs, they likely will not cover 100%. Most health insurance plans do not cover assisted living or nursing home facilities, or help with activities of daily living (ADL). Medicare generally covers some in-home health care and a few days of skilled nursing home care, but not long-term care as in a professional facility.

Medicaid, which can cover the costs of long-term or nursing home care, was initially designed for those who need financial assistance; to qualify, the person's assets must be spent down to almost nothing (less than \$2,000). VA benefits for Aid & Attendance can help pay for some care for veterans and their spouses who qualify as well, including assisted living and nursing home facilities.

Those who have significant assets can choose to pay for care as they go. Home equity and retirement savings can be a source of funds in a pinch. Long-term care insurance may also be an option, but many people wait until they are not eligible or the cost is prohibitive; we encourage those who are thinking about planning for their own incapacity to consider long-term care insurance, especially if a dementia diagnosis is in the family.

Most families are generally not prepared to pay these extraordinary costs, especially considering they will span years. Consequently, family

members often resort to providing the care themselves for as long as possible, which comes with its own set of financial and emotional/mental challenges.

Determine Needs and Goals

Discussing financial needs and goals as well as care plans early on enables the person with dementia to still understand the issues and to potentially convey his or her wishes. Encourage other family members and loved ones to contribute to the care & planning conversation, as there are many aspects that will affect them, as well as ways they may be able to contribute to caring of their loved one. In addition to planning for the cost of care, there are many ongoing financial duties to discuss, including: Paying bills; Arranging for benefit claims; Making investment decisions; and Preparing tax returns. It is important to assess all of the financial resources that are available to your loved when planning for their care costs, whether they be private insurance, grants, or government-based resources.

How Alperin Law Can Help

We can help your family plan for the costs and logistics associated with long term care for your loved one with Alzheimer's or dementia, whether that be related to Medicaid, VA benefits, care coordination, etc. We have both elder law attorneys and an Elder Care Coordinator on staff to help ease the stress of planning for caring for your loved one, so you will have peace of mind in knowing that every detail has been considered and planned for. Contact us today to set up your consultation with myself or one of our elder law attorneys!

Join Us at the Walk to End Alzheimer's!

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to join the fight against the disease.

Alperin Law is proud to sponsor the Southeast VA Walk to End Alzheimer's Promise Garden! Across the nation, the Alzheimer's Association Walk to End Alzheimer's is full of flowers, each carried by someone committed to ending this disease. Each registered participant at the walk will receive a Promise Garden flower that signifies their solidarity in the fight against the disease. The colors of the Promise Garden Flowers represent participants' connection to Alzheimer's — their reasons to end the disease.



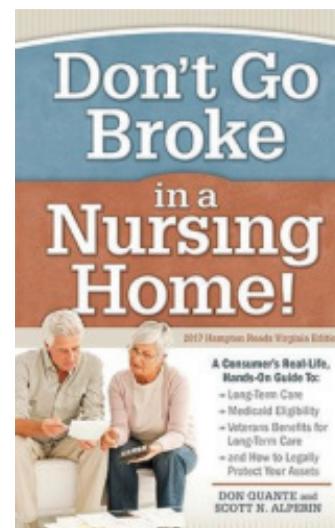
- **Blue** represents someone living with Alzheimer's or another dementia
- **Purple** is for those who have lost someone to the disease.
- **Yellow** represents someone who is currently supporting or caring for a person living with Alzheimer's.
- **Orange** is for those who support the cause and the Association's vision of a world without Alzheimer's and all other dementia.

We invite you to join us, both at the walk itself on Saturday September 24th and in fundraising for the cause! All funds raised through Walk to End Alzheimer's advance the care, support and research efforts of the Alzheimer's Association. Register/donate online at [ALZ.ORG/walk](https://www.alz.org/walk) or visit our website.

Request Our FREE Book

Don't Go Broke in a Nursing Home

Worried about how much a Hampton Roads nursing home will cost? Looking for answers about paying for long-term care without going broke? If so, this book is for you. Whether you are concerned about an aging parent or want to plan ahead for your own protection, our free guide covers all the bases. Written by Scott Alperin and financial advisor Don Quante, this is a valuable resource for anyone worried about protecting hard-earned assets while getting the best possible care as you or a loved one ages. Request our free book to get creative solutions to protect your assets. Call us today at **(757) 530-7011** to request your FREE copy of *Don't Go Broke in a Nursing Home*.



August Puzzle Sudoku

M	E	I	O	V	V	P	E	A	H	N	C	I	V
G	E	M	F	U	N	A	V	T	H	L	L	S	T
T	E	S	T	A	T	E	C	M	I	L	L	S	S
I	H	I	U	T	G	G	P	A	E	E	I	M	I
T	O	A	P	L	L	N	I	U	T	F	R	M	I
L	M	N	N	I	E	A	R	F	P	I	G	E	L
E	E	P	L	A	N	N	I	N	G	A	O	R	E
H	R	T	C	W	I	E	M	L	I	O	O	N	M
T	M	F	I	R	E	W	O	R	K	S	H	E	E
A	R	P	T	I	M	L	N	N	A	O	S	M	V
F	N	G	P	V	R	H	E	A	L	T	H	A	N
R	E	S	S	E	G	E	S	M	H	E	M	I	A
A	S	T	E	N	M	K	O	A	R	I	L	R	R
A	W	N	M	R	N	K	G	L	E	V	A	R	T

July Puzzle Answers

			9	3					
1	4			8		5			9
	5			4			6		2
				5			8		6
3	2							4	9
9			8			4			
5			7			2		6	
	9			6		3		1	5
						7	2		

Recipe:

Easy Strawberry Shortcake Recipe from www.lilluna.com



INGREDIENTS

- 1 quart strawberries sliced
- 1/4 c sugar
- 1 - 12 oz. sponge cake dessert cups
- 1 - 7 oz. can whipped cream to taste

Instructions

1. Place the slices strawberries into a container. Add the sugar and place a lid on top. Refrigerate for at least 15 minutes until the sugar has dissolved.
2. Place each dessert cake cup into a different serving bowl. Smother with strawberries and top with whipped cream.

Recipe inspired by www.lilluna.com