



## **Southern Maine Agency on Aging**

### **Family Caregiver Support Program**

#### **Financial and Legal Guidance for Caregivers**

#### **Financial Guidance for Caregivers**

Now is the time to gather information about available income and assets that can be used to pay for in-home and/or facility care. It is important not to give or sign away any assets without consulting with an attorney first, due to the 5-year look back period for Long-term Care MaineCare (see below for more information.) If the person with dementia has long-term care insurance, find out what it covers and what documentation is necessary to activate the coverage. If the person is a Veteran or the widow of a Veteran, contact the Veterans' Administration at 1-800 827-1000 to find out about potential benefits. People diagnosed with early-onset dementia (before age 65) may be eligible for immediate Social Security disability benefits. Call the Social Security Administration 1-800-772-1213 if this applies.

#### **Financial Questions**

##### **How do I pay for Care?**

**Out of pocket.** Paying for care with your own money.

**Medicaid.** This is a government benefits program for people who need help paying for care.

- Pays for some home care services, nursing home care, and hospice care.
- May pay for adult day services or assisted living.
- Allows spouse to keep some money to meet their needs.

**Medicare.** This is an insurance program for older adults and adults with certain disabilities.

- Pays for some home care services and hospice care.
- May pay for nursing home care for a short time after you have been in the hospital.

**Long-term care insurance.** Private long-term care insurance policies can help pay for some types of care. Many policies limit how long they will pay for care.

**Department of Veterans Affairs (VA).** The VA may pay for nursing home care, adult day services, or home care for Veterans or their surviving spouses.

### **What is Medicare versus Maine Care?**

MEDICARE: Federal Health Insurance for people 65+

- Paid for through payroll taxes during working years
- Generally covers 80% of hospital and medical bills
- Does NOT cover long-term stays in facilities

MAINE CARE: Medicaid Program in Maine

- Person must have limited financial resources
- Eligibility is determined by DHHS

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### **Legal Guidance for Caregivers**

It is a good idea for all adults to set up a health care power of attorney (POA) and complete an Advance Directive form to express their wishes about future medical care. The Advance Directive forms can be found online or through SMAA. People with a dementia diagnosis may also wish to talk to an elder law attorney and set up a financial power of attorney if they are no longer able to make their own financial decisions.

### **Legal Resources in Southern Maine**

Legal Services for Maine Elders: 1-800-750-5353

[Free legal help for older Mainers | Legal Services for Maine Elders \(mainelse.org\)](https://www.mainelse.org)