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

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

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**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

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**60% of caregivers are females (average age 49) who are likely to spend more than 24 hours per week providing care.**

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

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**Only 3 in 10 Americans feel confident that their mother has enough savings for long-term care.**

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*Omnibus Cavaran® 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.


