



Online Resources for Understanding Long-Term Care: Basics and VA Aid & Attendance

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<https://militaryfamilieslearningnetwork.org/event/52267/>

Web Sites

Costs of Care (U.S. Department of Health and Human Services): <https://longtermcare.acl.gov/costs-how-to-pay/costs-of-care.html>

Cost of Care Survey 2019 (Genworth): <https://www.genworth.com/aging-and-you/finances/cost-of-care.html>

Long-Term Care.gov (Administration on Aging): <https://longtermcare.acl.gov/>

LTC Learning Center (American Association for Long-Term Care Insurance): <https://www.aaltci.org/>

Medicare.gov (U.S. Centers for Medicare and Medicaid Services): <https://www.medicare.gov/>

Spousal Impoverishment (Medicaid.gov): <https://www.medicaid.gov/medicaid/eligibility/spousal-impoverishment/index.html>

State Health Insurance Assistance Programs (SHIP): <https://www.shiptacenter.org/>

VA Aid and Attendance Benefits and Housebound Allowance (U.S. Department of Veteran's Affairs): <https://www.va.gov/pension/aid-attendance-housebound/>

What is Long-Term Care? (Administration on Aging): <https://longtermcare.acl.gov/the-basics/what-is-long-term-care.html>

Research Studies

Hernandez-Murillo, R. & Martinek, C.J. (2010). *In Some Cases, a Sick Economy Can be a Prescription for Good Health*. Federal Reserve Bank of St. Louis. <https://www.stlouisfed.org/publications/regional-economist/october-2010/in-some-cases-a-sick-economy-can-be-a-prescription-for-good-health>

Ruhm, C.J. (2005). Healthy Living in Hard Times. *Journal of Health Economics*, 24(2), 341-363. http://libres.uncg.edu/ir/uncg/f/C_Ruhm_Healthy_2005.pdf

Sun, W., Webb, A., & Zhivan, N. (2010). *Does Staying Healthy Reduce Your Lifetime Health Care Costs?* Center for Retirement Research, Boston College. http://crr.bc.edu/wp-content/uploads/2010/05/IB_10-8.pdf

Publications

Medicare and You Handbook (U.S. Centers for Medicare and Medicaid Services): https://www.medicare.gov/sites/default/files/2020-03/10050-Medicare-and-You_0.pdf

Medicare and You Handbook (with Podcasts) (U.S. Centers for Medicare and Medicaid Services):
<https://www.medicare.gov/pub/medicare-you-handbook>